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Unravished Bride: A Psychological Study by Marion Woodman. My rating: 4 of 5 stars. It probably isn't quite fair to give a book four stars rather than five simply because I couldn't understand all of it, but that's what I'm doing. I think if I read it again, I would absorb more of

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it, partly because there's so much there and it takes a while to percolate and make sense to me, and partly because I had very little exposure to Jungian psychology ...

Marion Woodman

Book Review: Addiction to Perfection: The Still Unravished ...

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Marion Woodman is a Jungian analyst, teacher and author of *The Owl Was a Baker's Daughter*, *Addiction to Perfection: The Still Unravished Bride*, *The Pregnant Virgin: A Process of Psychological Transformation*, *The Ravaged Bridegroom: Masculinity in Women*,

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"This book is about taking the head

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off an evil witch". With these words Marion Woodman begins her spiral journey, a powerful and authoritative look at the psychology and attitudes of modern women. Marion Woodman continues her remarkable exploration of women's mysteries through case material, dreams, literature and

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A meditation book for women seeking to raise to their self-esteem & connect more fully with themselves.

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Perfection is a mask we use to avoid pain. We think that if we can achieve perfection, we will achieve happiness. We believe that if we can avoid pain, we can also avoid abandonment and

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Loneliness and unworthiness.

Perfection is the thief of joy. It's a lie that keeps us in a stranglehold of chaos and people-pleasing and addiction and lack. Perfection says we are never good enough. It holds us back from being our truest, most authentic selves. Author Vitale Buford

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spent nearly three decades of her life in the web of perfection. The roots of her perfection were born in her childhood - she had a dysfunctional home-life fraught with alcoholism, workaholism and shame. This combination created an environment of neglect, where the only way Vitale

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Unraveled Bride A Psychological Study Studies In Jungian Psychology By Analysts 12 Marlon Woodman

got attention was to be perfect. She was praised for being an "easy child," "pretty," and "self-motivated," so that's what she tried to be. Her need for perfection and outside success was coupled with her body image obsession. It was also a distraction from the pain of abandonment and

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Loneliness she experienced in her childhood. It was the perfect storm - she tied her self-worth to her external success and her appearance, and hence, her addiction to perfection was born. The need for perfection followed her to college, and when she started gaining weight, she became

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obsessed with dieting to make her body smaller and more acceptable. She worked hard in college and got good grades, but her body shame was all consuming. Her junior year of college, she was introduced to Adderall as a "study drug." She used it for a few months - and ended up

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losing 20 pounds; she also got her best grades ever with her most rigorous course load. She was sure she had discovered the "perfect drug." She was able to obtain her own prescription the following year. It hooked her immediately. She was addicted not only to Adderall but also

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to the perfection and the weight loss and her newfound ability to accomplish projects and tasks with ease. This was the beginning of a 10-year love affair with Adderall. In *Addicted to Perfect*, Vitale shares the highs and lows of having been a slave to Adderall, the destructive

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relationships that ensued, and the way that she finally broke free. She details the many twists and turns involved in the years leading up to her getting sober and the eating disorder that followed her into sobriety. It took parenthood and radical honesty for her to begin the

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road to true healing. Perfectionism is no longer something that enslaves her, and Vitale's story is one of hope that no matter where you are in your life, you can release the grip of perfection. You can heal your pain and your abandonment and your loneliness and your fear and your

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guilt and your shame. You can experience true freedom, and most importantly, replace perfection with self-love.

Marion Woodman
On November 7, 1993, Marion Woodman was diagnosed with uterine cancer. Here, in journal form,

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is the story of her illness, her healing process, and her acceptance of life and death. Breathtakingly honest about the factors she feels contributed to her cancer, Woodman also explains how she drew upon every resource-physical and spiritual-available to her to come to terms with

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her illness. Dreams and imagery, self-reflection and body work, and both traditional and alternative medicine play distinctive roles in Woodman's recovery. Her personal treasury of art, photographs, and quotations—from Dickinson to Blake to Rumi—embellish this unique chronicle of a very

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Unraveled Bride A personal journey toward transformation.

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The life stories of three women--Kate, a professor's wife; Mary, a dancer; and Rita, a sculptor--provide clear examples of the individuation process of women in a patriarchal society.

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As we speed towards the next millennium, many of us are taking stock of the presences and absences in our lives. In *Dancing in the Flames*, Marion Woodman, along with reputed therapist Elinor Dickson, points to the gaping hole in our

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spiritual fabric. Unlike other cultures and eras, modern Western society has repressed notions of the Divine Feminine, possibly to the detriment of our psyches, our bodies, and even our planet. This landmark book, which draws from art, fables, science and dreams, creates a vista from

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which to view our imbalances and provides hope for celebration as we turn to embrace a lost aspect of ourselves. From the Trade Paperback edition.

Marion Woodman

Abbi Glines concludes the irresistible story of Woods and Della in the #1

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New York Times bestselling Rosemary Beach series. Woods had his perfect life mapped out for him. Rise up the ranks of the family business. Marry the rich girl of his parents' dreams. Pretend that wealth and privilege was all he'd ever wanted. Then a girl named Della breezed into town, a

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beautifully imperfect stranger who captured his heart and opened his eyes to a new kind of future. Woods is ready and willing to sacrifice everything for her when the sudden death of his father leaves him with his mother to care for and a business to manage. Della is determined to be

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strong for Woods, even as she 's quietly falling to pieces. No matter how far from home she 's run, the ghosts of her past have never stopped haunting her. Struggling to hide her true feelings from Woods, Della fears she can 't be his rock without dragging him down into the

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darkness with her. But is she strong enough to let go of the last thing holding her together?

She 's addicted to sex. He 's addicted to booze... the only way out is rock bottom. No one would suspect shy Lily Calloway ' s biggest secret.

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While everyone is dancing at college bars, Lily stays in the bathroom. To get laid. Her compulsion leads her to one-night stands, steamy hookups and events she shamefully regrets. The only person who knows her secret happens to have one of his own. Loren Hale ' s best friend is his

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bottle of bourbon. Lily comes at a close second. For three years, they 've pretended to be in a real relationship, hiding their addictions from their families. They 've mastered the art of concealing flasks and random guys that filter in and out of their apartment. But as they sink

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beneath the weight of their addictions, they cling harder to their destructive relationship and wonder if a life together, for real, is better than a lie. Strangers and family begin to infiltrate their guarded lives, and with new challenges, they realize they may not just be addicted to

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alcohol and sex. Their real vice may be each other.

George is looking for a way to beat the summer heat. Swimming, running through sprinklers, a glass of lemonade—none can help George cool off! What George really wants is a

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sweet, cold treat from the ice cream truck, but will he ever catch it?

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