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# Addiction To Perfection The Still Unravished Bride A Psychological Study Studies In Jungian Psychology By Analysts 12 Marion Woodman

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The Sacred Prostitute  
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Avoiding Relapse through Self-Awareness and Right Action  
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POSITIVE ADDICTION

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## CARNEY HERRERA

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### **The Still Unravished Bride : a Psychological Study** Anchor

At a time when we are witnessing the return of the World Soul, the rise of feminine consciousness and the re-enchantment of Nature, the friendship between Marion Woodman and Elinor Dickson offers us a rare glimpse into the new story yearning to be born. Dancing at the Still Point reveals a remarkable friendship rooted in Soul that is both deeply personal and transpersonal. Prompted by a dream in which Marion told her to write about their friendship, Elinor has succeeded in weaving their shared visions, dreams and insights with the playfulness, challenges, and honesty they shared over thirty-four years. Like all deep friendships, Marion and Elinor mirrored each other while mutually affirming their individual destinies. This is a book that celebrates the gift of friendship as a compelling model for community in these times. As Marion would say, "where soul meets soul that's love" and love is the field in which we are all called to dance. Elinor Dickson, Ph.D., is a psychologist, Jungian therapist, lecturer and workshop leader. She is the co-author of *Dancing in the Flames* written with Marion Woodman. She lives in Toronto, Ontario

### **The Sacred Prostitute** Bookbaby

Addiction to Perfection  
The Still Unravished Bride : a Psychological Study

*Expressive Arts Solutions for Trauma Recovery* Health Communications, Inc.

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

*Avoiding Relapse through Self-Awareness and Right Action* Simon and Schuster

On the surface, Mia Tyler led a seemingly perfect life. She was a world-renowned plus-size model and the daughter of Aerosmith's Steven Tyler and seventies It girl Cyrinda Foxe. But growing up under the shadow of celebrity wasn't as glamorous as it's cracked up to be. From a poverty-stricken childhood in New Hampshire to running with troubled rich kids on Manhattan's Upper East Side, she has an incredible story to tell. In *Creating Myself*, Mia shares scintillating details about her rock-and-roll family, as well as battling her own personal demons: dumping her mother's cocaine vial down the toilet at just eight years old, running around backstage at her father's concerts (including the one where she first met her sister, Liv), and attempting to distract herself from her pain through drug addiction and self-mutilation. Yet this memoir is ultimately a tale of redemption. Mia learns that in order to truly grow up, she must forgive both herself and those who hurt her, give up the quest for perfection, and acknowledge that she is still a work in progress. *Creating Myself* is raw and inspirational, the tale of a hell-and-back journey from the depths of depression and addiction to triumphant self-discovery.

*Eternal Aspect of the Feminine* K.B. Ritchie

Drawing on twenty-six years of experience as a Jungian analyst, the author shows how the stories and images of ancient

mythology can illuminate the depths of the psyche. In particular she shows how those in the grip of addiction confront the great Irish goddess Maeve, whose name means "the inebriating one" and whose drink was the sacred mead. Maeve represents the profoundly human and archetypal need for experiences of ecstasy and sovereignty. Written with passion and clarity, the author gives us Queen Maeve in full, and invites us to comprehend the wildness of the Celtic imagination. She brings with her the sensitivity of a psychoanalyst who has companioned many souls suffering the dislocations and addictions of modern life. For those who have had to battle with their own addictions or with those of their loved ones or clients, this book offers the promise of understanding how that battle is suffered, fought, and won.

*The Still Unravished Bride : a Psychological Study* Ibis Press

Amanda is a raging perfectionist. She begins each day with a long list. "Keep the house picked up; limit myself to two Diet Cokes; spend special time with each of the kids; work out; pray; avoid sugar; read a chapter in a book about something very important; read my Bible; call my mom." She determines each day's worth, and ultimately her own, by keeping track of her stats—pounds gained or lost, stuff accomplished. That is, until God spoke into her life, waking her up to the true costs of her addiction to perfection. *Confessions of a Raging Perfectionist* is more than Amanda's confession; it's a journey of letting go of the subtle but destructive idols of her overactive inner voice and replacing them with God's truth. Amanda hopes her journey can inspire others to let God dig in to their own lives, uncovering the subtle lies we unconsciously live by.

*Interviews with Marion Woodman* Bantam

"This book is about taking the head off an evil witch." A powerful study of the nature of the feminine in food rituals, dreams, mythology, body work, Christianity, sexuality, creativity and relationships.

*Accept Your Addiction, Overcome Your Obsession, and Escape to Excellence* Chiron Publications

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 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 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, workaholicism and shame. This combination created an environment of neglect, where the only way Vitale 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 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 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 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 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 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 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 guilt and your shame. You can experience true freedom, and most importantly, replace perfection with self-love.

**Addiction to Perfection** Shambhala Publications

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

*Addiction to Perfection* Shambhala Publications

"This book is about taking the head 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 mythology, in food rituals, rape symbolism, Christianity, imagery in the body, sexuality, creativity and relationships.

*How I Recovered from Rage by Resolving My Lifetime of Losses and Pain* Blue Pencil Media

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.

*Conscious Femininity* NLA Digital LLC

Presents a description of the main features of perfectionism, along with advice on how to overcome its limitations and consequences and achieve greater intimacy and self-acceptance.

*Perfection* Simon and Schuster

Using Jungian psychology, this book demonstrates why the 12 steps of AA work.

*C. G. Jung, Alcoholics Anonymous, and Archetypal Evil* Simon and Schuster

She's fought like hell to leave the past behind. Trix changed her name and her life when she got clean four years ago. Now, she has a new family and a job she loves—tending bar and dancing at the Broken Circle. As an O'Kane, she's happy, untouchable. Until a nightmare from her old life tears her away from her home and drags her back to Hell—also known as Sector Five. He's still living—and dying—in it. Losing Trix was the kick in the head Finn needed to get sober, but working as an enforcer for a man he hates is slowly crushing his soul. The only thing that keeps him going is his determination to destroy Sector Five from the inside. Then Trix comes back into his life—alive, in danger—and nothing else matters. Getting her home could be a suicide mission. The

only thing deadlier is the old spark that flares to life between them. Soon, Finn and Trix are battling the one addiction neither of them ever managed to kick—each other. And it could cost them everything.

**Creating Myself** Dial Press

"The Ravaged Bridegroom breaks new ground exploring the psychological impact with patriarchy... [I]t focuses on the many ways in which a woman's perspective on herself can be undermined by a crippling relationship with her inner man, leaving her spiritually bereft and unable to stand to her own truth." -- Cover.

*Burn the Place* Archway Publishing

In this practical and moving how-to guide, celebrity facialist Kate Somerville shares her years of experience for getting skin glowing. Whatever your age, ethnicity, skin type, or concern—be it acne or aging—Kate provides simple strategies for achieving Complexion Perfection. She defines her philosophy and identifies the top five elements for a lifetime of healthy skin. Plus, she helps you understand cutting-edge treatments, effective technologies and ingredients, and how diet and lifestyle impact your skin. Witness the incredible makeovers that Kate did on her clients and read the touching testimonials. And learn hair, makeup, and fashion tips from Kate's "Hollywood Glam Squad." Find your complexion questions answered and your soul inspired . . . because Kate truly believes that changing skin changes lives!

**Twisted Perfection** Penguin

A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws

on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse. [The Owl was a Baker's Daughter](#) Simon and Schuster

Breaking free of outdated explanations and rigid "rules" for recovery, *The Abstinence Myth* offers a hopeful, research-based framework for transformation by an addiction expert and renowned TEDx speaker who overcame his own addiction and has guided hundreds of clients into lives of joy and purpose. In this simple yet radical new book, Adi Jaffe, PhD, draws on his own life experience, cutting-edge research, and work with hundreds of clients and families to offer a new perspective on addiction and a

new pathway out of its grasp. *The Abstinence Myth* introduces the IGNTD RECOVERY METHOD, including: - Details of Adi's dramatic and inspiring personal story.- The Mythology of Addiction and how it gets in our way with spiritual, biological, psychological, and environmental assumptions that are, in fact, only true some of the time for some people.- Why the concept of "abstinence" is often a barrier to change and is not necessary for everyone for all time.- Important research that will shift your thinking, sense of hope, and success. - Why shame can keep holding you back--and finding the way out.- An explanation of the 3 IGNTD principles and the 9 steps to personalize your unique recovery path.It's time to throw out the "rulebook." You can overcome the hopelessness, the doubt, and move forward. You can create a life you're proud of. Whether you're seeking help for yourself, a loved one, or anyone you might be guiding through a personal transformation, *The Addiction Myth* will change lives

[The Perfection Paradox](#) Howard Books

Abbi Glines concludes the irresistible story of Woods and Della in the #1 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 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 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 darkness with her. But is she strong enough to let go of the last thing holding her together?

[Your Ultimate Guide to Beautiful Skin by Hollywood's Leading Skin Health Expert](#) Rodale Books

From Stonewall Award winner Brandy Colbert comes a novel about first love, family, and hidden secrets that will stay with you long after turning the last page. Dove "Birdie" Randolph works hard to be the perfect daughter and follow the path her parents have laid out for her: She quit playing her beloved soccer, she keeps her nose buried in textbooks, and she's on track to finish high school at the top of her class. But then Birdie falls hard for Booker, a sweet boy with a troubled past . . . whom she knows her parents will never approve of. When her estranged aunt Carlene returns to Chicago and moves into the family's apartment above their hair salon, Birdie notices the tension building at home. Carlene is sweet, friendly, and open-minded -- she's also spent decades in and out of treatment facilities for addiction. As Birdie becomes closer to both Booker and Carlene, she yearns to spread her wings. But when long-buried secrets rise to the surface, everything she's known to be true is turned upside down.