



## Taking Charge: Your Life Patterns and Their Meaning

By Gudrun Burkhard, Christian von Arnim

Florin Books. Paperback. Book Condition: new. BRAND NEW, Taking Charge: Your Life Patterns and Their Meaning, Gudrun Burkhard, Christian von Arnim, While the modern world is rapidly making us into 'global citizens', at the same time we experience increasing isolation as individuals in our own society. There is a pressing need for us to develop new forms of relationship with family and society. Through working consciously and actively on our own life-story, we can build bridges to other people in a way that develops a new understanding for the lives of others. The ideas and methods presented in this book are the result of many years' therapeutic work with groups and individuals. The life-stories described are the authentic stories of participants in the courses and workshops.



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