



A View from the Cosmic Mirror: Reflections of the Self in Everyday Life

By Gary Gemmill Ph. D., George Kraus Ph. D.

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All of us have hidden parts within us. These are the things about ourselves that we do not see-our haunting darkness and our illuminating light. We often hide from our own flaws. But we also can hide from our own undeveloped talents and vital spirit. Most of us would like to discover a more whole and complete self. To do this, we must clearly see the accurate reflection of ourselves in the people and objects around us. What it takes is to discover our unseen but true reflection in the cosmic mirror. Come join us. Begin your journey down a new path. In this fascinating self-empowerment guide, coauthors Gary Gemmill, Ph.D. and George Kraus, Ph.D. provide a template for our transformation and growth. One of the most important books of our generation. "In a word, powerful. Clearly illustrates the profundity and absurdity of our relationships with others. Takes the reader beyond the polarities of our conflicts with others to a place of renewal and hope for a more unified and peaceful world." - Philip Lichtenberg, Ph.D., Director of the Gestalt Therapy Institute of Philadelphia and author of Encountering Bigotry: Befriending Projecting Persons in Everyday Life

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Editorial Review

Review

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"Self-help for the wounded soul is reflected by the cosmic mirror. The core idea of the cosmic mirror is that we unknowingly populate the world around us with our denied inner attributes and struggles. Petty squabbles, emotionalism and intense dislike of others offer vital clues to unresolved material in the shadow and aura. The authors masterfully develop their thesis and thoroughly support it with personal stories of workshop participants, the writings of poets and philosophers, Native American wisdom, Japanese folklore, pop culture and the seminal work of Carl Jung. A beautifully rendered, well-organized and supremely effective guide, full of insights for the ages." -- Kirkus Discoveries, Kirkus Media LLC, 6411 Burleson Rd., TX 78744 (discoveries@kirkusreviews.com)

"To say that the material in this book and course has fundamentally changed my life for the better is a vast understatement. This innovative book was able to cut through decades of defenses and self-medication in a matter of hours and help me constructively replace them with a deep sense of passion, peace, humility and empathy." -- Bob Kalka, author of The Emotionally Authentic Christian

"A View from the Cosmic Mirror is perceptive, timely and wise. Peppered with clinical vignettes, it encourages us to search our souls, our darkness, and our projections in the quest toward wholeness." -- Kate Amatruda, MFT, author of Sandplay, The Sacred Healing

"Insightful and articulate, A View from the Cosmic Mirror is a rich and enlightening pathway to look more deeply at ourselves and others. Gary and George's inspiring examples and stories help us all." -- Peter Lichtenberg, Ph.D., Director of the Institute of Gerontology at Wayne State University

"I am so on board with what you are saying in A View from the Cosmic Mirror. This book is for every one of us! It explains in plain language some of the most profound mysteries to understanding our deeper self. I learned in new ways how to uncover my own blind spots and become more whole, just by looking more closely at my experiences with others. Thank you for giving me some simple yet profound tools for becoming a more complete person." -- Katherine Lewis, Psy.D., Clinical Psychologist

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