



VERLAGSGRUPPE PATMOS

The publishing group that captures the spirit of life

PATMOS
ESCHBACH
GRÜNEWALD
THORBECKE
SCHWABEN
VER SACRUM

Verena Kast

Becoming One with Yourself Time and Again

Developing Identity and Self-Esteem in a Complex World

ISBN: 978-3-8436-0973-9

Patmos Verlag

Hardcover

200 pages

Format 12 x 19 cm

EUR 19

- Thought-provoking impulses on an existential topic
- By bestselling author Verena Kast

Where did I come from? Who am I now? Where am I going? The question of our own identity is existentially significant. Identity always develops in the interaction with other people: in the relationship between ourselves and others, in the confrontation with what belongs to us and to the others. The development of the personality happens time and again anew – in a movement between the inside and the outside, between our own dreams, imagination, self-images and the world of the others. In this book, the renowned Jungian analyst and psychotherapist Verena Kast shows: In the mirror of other people, we can reflect on ourselves and are challenged to develop our identity – in the field of tension between autonomy and relatedness.

About the author

Verena Kast is a former Professor of Psychology at the University of Zurich, Switzerland. Today she is a lecturer and teaching analyst at the C. G. Jung Institute in Zurich, as well as a psychoanalyst in private practice. She has published numerous books on subjects including emotional psychology, principles of psychotherapy, and the interpretation of fairy tales and dreams. Her works – many of them long-sellers – have been translated into numerous languages.



Contact:

Verlagsgruppe Patmos der Schwabenverlag AG

Luisa Lehnerer, Foreign Rights Departement

t: +49 711 4406 148

f: +49 711 4406 177

lizenzen@verlagsgruppe-patmos.de

www.verlagsgruppe-patmos.de