



Addiction to Perfection: The Still Unravished Bride: A Psychological Study (Studies in Jungian Psychology by Jungian Analysts)

Marion Goodman, Marion Woodman

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Addiction to Perfection

By Marion Woodman

Through case studies, dreams, and myths, a Jungian analyst explores the hidden causes of compulsion in the lives of men and women. At the root of eating disorders, substance abuse, and other addictive and compulsive behaviors, Woodman sees a hunger for spiritual fulfillment. The need to experience a sacred connection to an energy greater than their own drives people to search for an illusory ideal of perfection. Through discussions of parenthood, creativity, and body image, this presentation shows that freedom from addiction can be found by discovering the wisdom and power of the feminine principle. Shambhala Lion Editions

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