



# Sea Glass: A Jungian Analyst's Exploration of Suffering and Individuation

*Gilda Frantz*

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*Sea Glass: A Jungian Analyst's Exploration of Suffering and Individuation* explores experiences many of us encounter in the course of a lifetime, including those of early childhood. As we mature we can begin to become aware that suffering, when made conscious, can lead us on a path toward higher consciousness, toward the experience of wholeness or individuation. The examples related in this book are told as a storyteller might and include the all-too-human experiences of loneliness, loss, shame, abandonment, aging, disenfranchisement, working with dreams, dealing with the opposites, striving to find one's creativity, and relationship issues.



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