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Synchronicity

By Chris Mackey

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Synchronicity, Chris Mackey, 'A profound introduction to deep concepts of mind, meaning and the challenges of creating a life well lived for everyone.' Ernest Rossi, PhD, author of The Psychobiology of Gene Expression and Creating Consciousness. Synchronicity is the uncanny and fortuitous timing of events that seems, compellingly, to go beyond pure chance. This book reveals how synchronicity can act as a guide along our life path, helping us through challenging times and nudging us toward self-fulfilment. Psychologist Chris Mackey offers astounding case studies, alongside a lucid explanation of the brain science underlying synchronicity and many practical suggestions for working with it, from journalling and symbol analysis to dream interpretation and ideas for accessing flow. He is convinced that synchronicity has a crucial role to play in helping us 'go within' and tap into our intuitive and spiritual selves. This book is also a passionate call for a new, more optimistic 'positive psychiatry' that embraces our transcendent experiences. A 21st-century take on Jung's legacy, this exciting new approach to synchronicity will appeal to anyone interested in the opportunities for personal development offered by altered states of consciousness.



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