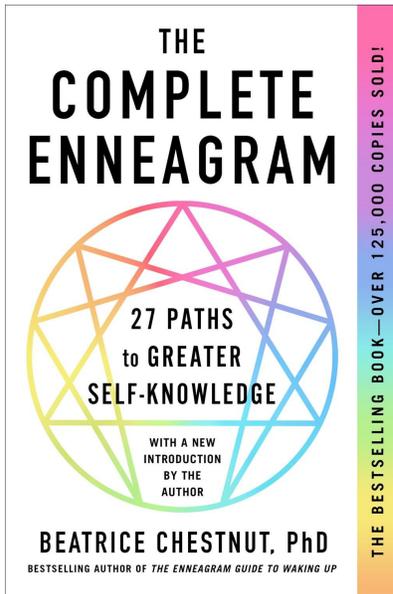




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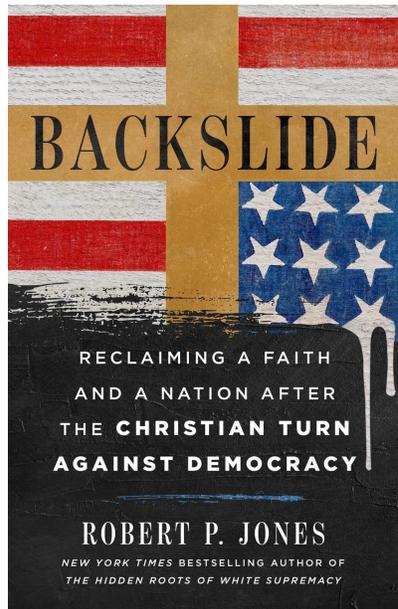
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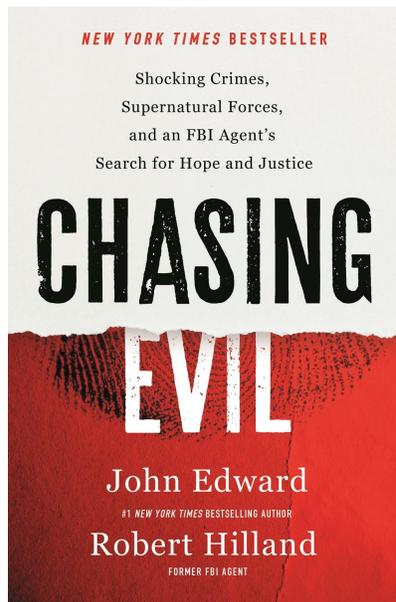
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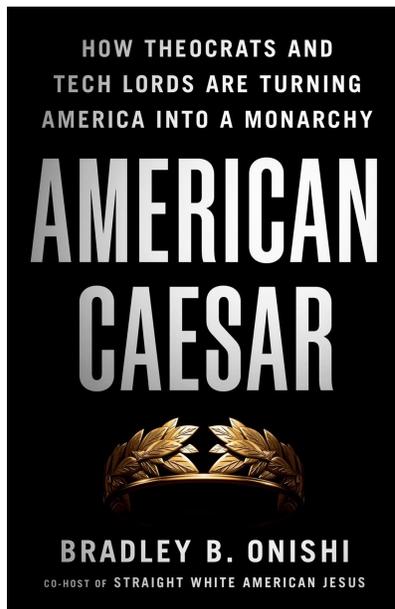
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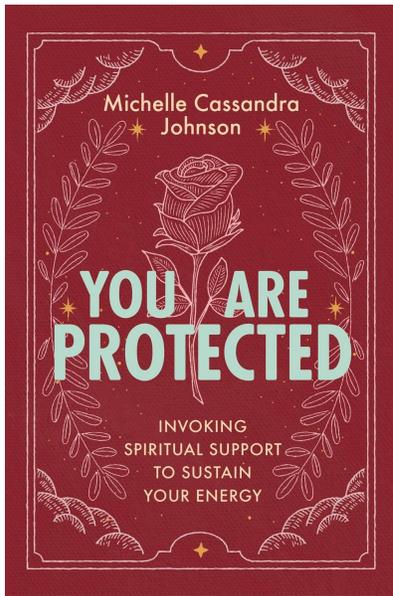
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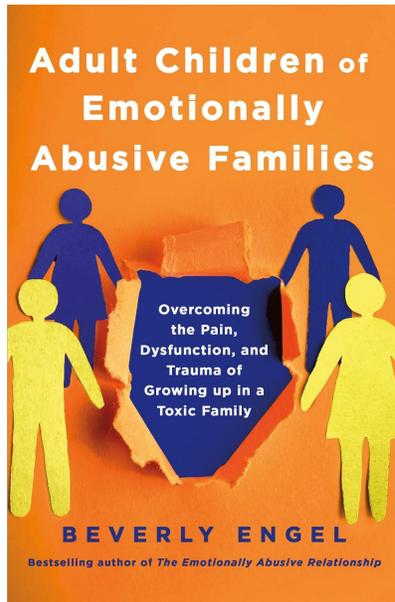
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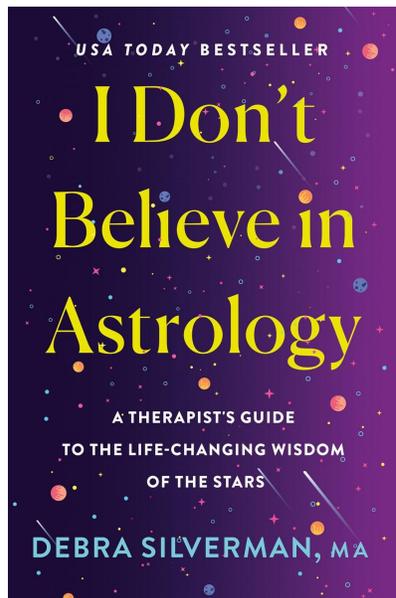
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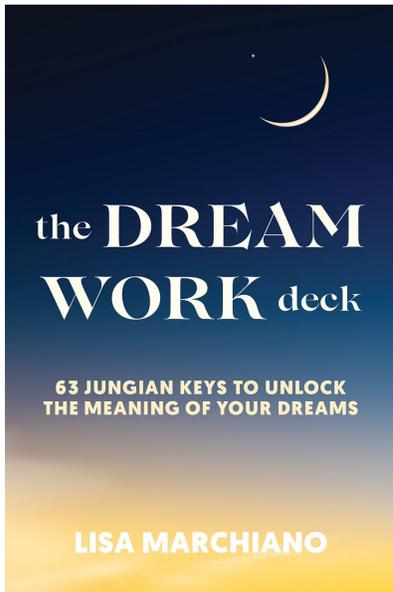
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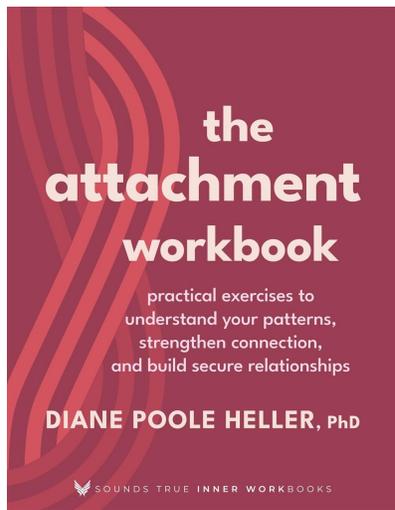
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Father Wound**Break Unhealthy Patterns to Reclaim Your Worth and Power**

Terri Cole, MSW, LCSW

Summary

Damaging father-daughter relationships persist, creating lifelong problems for women into adulthood. In this first of its kind book, psychotherapist Terri Cole applies her unique wisdom to this often-ignored personal and societal phenomenon. Cole dispels myths, identifies the effects of father wounds, and offers a path to heal the resulting cycles of shame, guilt, and anger.

Father wounds aren't just caused by abusive fathers, or only apply to biological fathers. They also permeate relationships where father figures are inconsistent, emotionally unavailable, absent, or immature. Cole invites readers to understand their unique Father Wound Blueprint—a set of deeply ingrained beliefs, values, and behaviors based on childhood experience, culture, society, and family. Through this discovery, Cole moves readers into active healing, starting with the crucial step of grieving the father relationship, and providing tools that allow readers to reparent themselves, break intergenerational cycles, and reclaim joy, pleasure and sensuality.

"At its core, a father wound is a worthiness wound," writes Cole. "It's where you learned that you weren't good enough to be worthy of love and attention." With Cole's insightful guidance, filled with body-based somatic practices, integration exercises, and actionable steps, *Father Wound* helps readers move towards transformation, ensuring the healing work continues beyond reading.



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Blasting Through Blocks

52 Practices to Unleash Your Creative Potential

Julia Cameron

Summary

Every artist—or aspiring creator—knows the sting of being stuck. *Blasting Through Blocks* is a “good news” book: yes, you will find yourself in its pages. You’ll recognize the resistance, the internal critic, the fear of failure, the perfectionism, the inertia. But the promise here is simple: you *can* always unblock. You don’t need grand methods or deep dives into theory—just the willingness to work with small, powerful tools.

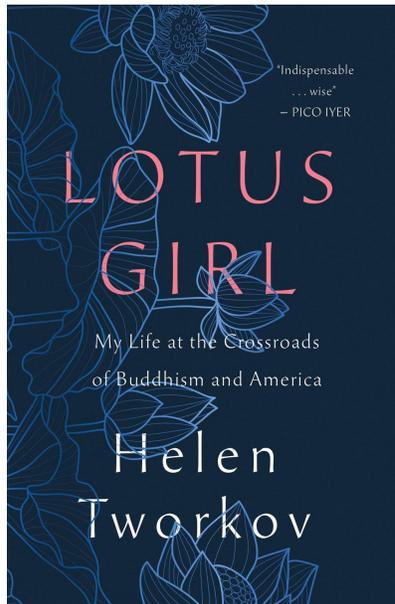
Across 52 essays, you’ll encounter one creative block and one practical practice each week. Some tools will feel familiar—rooted in The Artist’s Way heritage—but many will surprise you with their straightforwardness, their clarity, their freshness. Over time, these practices build into a living, flexible toolkit you can revisit whenever you feel stuck again.

This is a book for personal pilgrimage and communal practice alike. Use it as a companion through a year of your creative life. Bring it to your writing group or your classroom. Gift it to any artist in your life. As these pages light up one shadow at a time, you’ll begin to see the spiritual and psychological pathways through your creative difficulties—and rediscover why your work matters.

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The Classic Writings

Epicurus, Titus Lucretius Carus, Diogenes Laertius

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EPICURUS (341–270 BCE) was an ancient Greek philosopher who taught that true happiness arises from simple pleasures, friendship, and freedom from fear. His ideas on moderation and peace of mind laid the foundation for the school of thought known as Epicureanism.

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