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Being One

JA Banks



Being One:

On Being One's Self Sharon Numa, 2022-09-05 On Being One's Self emerges from discussions in John Steiner's Workshop and investigates the meanings of self and identity including the many ways in which the development of personal identity can be subverted interrogating what can facilitate the development of a reasonably stable identity The variety of problems that can arise in relation to the development of a unique identity is reflected in rich clinical material that vividly illustrates identities felt to be weak unformed fluid or brittle in many cases demonstrating how the sense of self is held together by pathological defences and organisations The book examines several long term adult analytic cases suggesting that a mature personal identity involves not only knowing who one is but also the capacity for empathic identification with the experience of others as separate human beings The question of having an identity or the fear of losing it is a central concern of individuals and this volume which will be of interest to psychoanalysts and psychotherapists alike considers these issues by looking at the deepest conflicts around self and identity as they emerge and are relived in the transference relationship

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web dieta stworzona została przez dr jeana michela cohen dobrze znanego miłośnikom dukana w ogromnym uproszczeniu dieta paryska składa się z trzech etapów faza café przeznaczona jest tylko dla osób zdrowych ponieważ narzuca bardzo rygorystyczny reżim dietetyczny

paryska dieta j m cohen od sierpnia również w polsce - Jun 20 2022

web paryska dieta to nowoczesny plan stopniowej i co istotne trwałej utraty masy ciała książka paryska dieta dr cohen dom wydawniczy rebis dostarczając

kulinarna czytelnia na sposób paryski - Aug 23 2022

web sep 6 2013 brzmi nieźle paryska dieta w przeciwieństwie do licznych cudownych diet obiecujących błyskawiczne efekty nie stawia wydumanych wymagań jak jedzenie wyłącznie jajek i chleba albo picie sześć razy dziennie koktajlu buraczano melonowego

dieta paryska przepis na francuską sylwetkę nie tylko dla - Aug 03 2023

web oct 31 2013 dieta paryska zasady na dietę paryską składają się 3 fazy które nie mają jednak tylko jednej właściwej kolejności możemy dowolnie je sobie ustawiać w zależności od potrzeb choć dr cohen podsuwa nam pewne pomysły