



Synchronicity: Empower Your Life with the Gift of Coincidence (Hardback)

By Chris Mackey

Watkins Publishing, United States, 2015. Hardback. Book Condition: New. 216 x 135 mm. Language: English . Brand New Book. Synchronicity: the uncanny and fortuitous timing of events that seems to go beyond pure chance. Synchronicity can act as a guide along our life path, helping us through challenging times and nudging us toward self-fulfillment. 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 journaling 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. A profound introduction to deep concepts of mind, meaning and the challenges of creating a life well lived for everyone. --Ernest Rossi, Ph.D., author of *The Psychobiology of Gene Expression* and *Creating Consciousness*.



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