



Memory: Self

By T. Collins Logan

Integral Lifework Center. Paperback. Condition: New. Drawing on entertaining and sometimes harrowing stories from his childhood, T. Collins Logan explores the structure and meaning of memory and its relationship to personal identity in his life. First he develops a simplified cognitive model of memory, integrating other memory systems - such as somatic and spiritual - into a dynamic landscape, the memory field. He then introduces an integral method of consciously influencing these memory systems over time, active memory reorganization (AMR). The main focus of the book then becomes the application of AMR to his own experiences and self-concept. T. Collins is primarily concerned with how to apply these ideas in a therapeutic context, and in particular the enhancement of self-care within the nourishment paradigm of Integral Lifework. There are plentiful examples of how AMR can influence identity, with practical tools and techniques to enhance the process. This is an excellent resource for investigating how self-concept evolves, how memory supports identity, and how to mitigate barriers to well-being through the reshaping of memory. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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