



Your Mythic Journey: Finding Meaning in Your Life Through Writing and Storytelling (Inner Work Book)

Sam Keen, Anne Valley-Fox

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We all tell stories about who we are, where we come from, and where we are going. These personal myths in turn shape who we become and what we believe—as individuals, families, and nations. This book offers readers the tools to detect the story line in their own lives and to write and tell it to others, opening up a hidden world of self-discovery and meaning. The numerous accessible exercises are followed by examples of personal stories and inspiring quotes to stimulate the journey to the center of one's purpose.

"By the art of fantasy and imagination, story and image, these authors map the ways personal stories deepen into transpersonal mythic journeys." —David Miller, Ph.D., Watson-Ledden Professor of Religion, Syracuse University

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