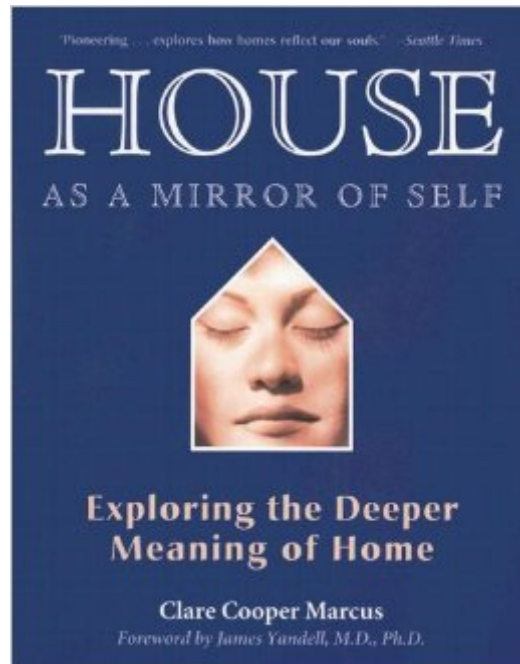


The book was found

House As A Mirror Of Self: Exploring The Deeper Meaning Of Home



Synopsis

House as a Mirror of Self presents an unprecedented examination of our relationship to where we live, interwoven with compelling personal stories of the search for a place for the soul. Marcus takes us on a reverie of the special places of childhood--the forts we made and secret hiding places we had--to growing up and expressing ourselves in the homes of adulthood. She explores how the self-image is reflected in our homes; power struggles in making a home together with a partner; territory, control, and privacy at home; self-image and location; disruptions in the bonding with home; and beyond the "house as ego" to the call of the soul. As our culture is swept up in home improvement to the extent of having an entire TV network devoted to it, this book is essential for understanding why the surroundings that we call home make us feel the way we do. With this information we can embark on home improvement that truly makes room for our soul.

Book Information

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Customer Reviews

I wish my husband and I had read this book before we began designing our new home instead of after the plans were done. I would have understood why the whole process was making me feel angry and negated, he would have understood why he was not more excited about the whole design process. We now understand why we haven't felt the nesting instinct in our present home and what unfulfilled yearnings we brought to every place we have lived in alone and together. This book should be required reading for architects and interior designers and builders. It would change the questions they asked their clients and move all toward a more fulfilling experience. Instead of

asking how many rooms do you need and how big should they be, a designer could help clients explore what they found nurturing in former homes and what emotional needs could be met in the design of their new spaces. Very Jungian, but easy to use with worksheets for exploring ideas on your own. The book brought tears to our eyes and answers to our unasked questions. I'm almost ready to dump the current plans and start all over again with new excitement and optimism.

Stuck in an expensive house I hated for over 10 years, this book was the beginning of my journey to liberation and escape! It seemed so attractive, so funky, so adorable... at first. But eventually our Mansard Victorian was driving me crazy. Reading the anecdotes in this book, going through it chapter by chapter and doing the exercises taught me for the first time why I felt so uncomfortable there, and allowed me to reconfigure the space to make it more tolerable. I set up two rooms inside the house exactly the way I wanted, focused my attention on the garden, and worked out a plan to organize the rest so it at least would not eat our stuff. Once our child was born, the small rooms on three different floors, his toys and supplies divided throughout the house, started to drive me crazy again. So, back to the book we went. This time, I insisted that my husband work through it, too, so he could try to discover why he was clutching on to the house so tightly. By the time he was done, he knew, and we could finally leave. After a year-long stint in a simple rented apartment, we are about to move into a medium-sized Colonial mostly on one floor, with generous-sized rooms and a huge garden. If your house does not feel like home, you need this book. If your house is driving you bats, you need this book. Even if you can't move, you'll get the tools you need to save your sanity and possibly your marriage.

I found this book when I was undergoing my own deep personal transformation ten years ago. It helped me understand my own relationship to the homes I had created for clients and my self. As an interior designer and a contractor it is important to understand the calling of the client's psyche and meet those needs. There is so much focus now on the spiritual aspects of one's home, and feng shui does offer up its own insights, but using this book as a primer for understanding what is calling to you will lead you to a different more integrated understanding. A carpenter builds a house, the family makes it a home. Clare gives the reader a path to understanding this complex yet simple process. The book is easy to read and offers many good exercises to dialog with the inner self. I highly recommend it to designers and psychologist alike.

This book was recommended to me by a professor in my dream writing class. Homes, rooms and

decor are constantly a part of my dream world and she felt this book would be helpful. She was right. If you are living in a home with a spouse, significant other, children, strangers, your animal or alone this is a must read. This book will help you learn why you are not comfortable in your home or why you are comfortable and those living with you are not. The location of your home, the arrangement of the furniture, the style of furniture, the color of the decor all affect our mood, relationships and our lives. Many people live unaware of this effect however this book will open your eyes to what you carry from your childhood, give you techniques to help you understand which parts of the home are beneficial and those that are draining. It helped me gain insight into why I do not feel comfortable in my present home and why my husband does. It is the home he grew up in and he is open to a constant stream of company and activity. I love peace and quiet and want my home as a sanctuary to shut out the world because my career brings me in front of people all day long. If you are having problems in your relationship and feel uncomfortable in your environment this book is a must read. You will need to be open to discovering a part of you that may have been hidden but the discovery is well worth it. Be sure to actually do the exercises at the end of the chapters, especially those that relate directly to your situation. Enjoy!

I've never read anything like this book. The psychological meaning of home within oneself is so appropriate for me to work with my clients. I'm a mental health professional and work with a lot of clients with addictions who have lost all aspects of self.

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