

# IGNOU Books, IGNOU Result, IGNOU Solved Assignment, IGNOU

Home  
Bliss  
Carpentaria  
Truth  
The Broken Shore  
Monkey Grip  
Vernon God Little  
Voss  
The Riders  
Seven Types of Ambiguity  
My Brother Jack  
Big Little Lies  
The Tree of Man  
The Man Who Loved Children  
Tim  
The Turning  
That Deadman Dance

Posted on 13 May 2018 By Marion Milner

## [Download] ? A Life of One's Own ? Weplayit.co

I started and never finished this book several times but I still always think about it. I loved this book Joanna Field Marion Milner does a great job of revealing her insights on her path

to personal discovery in incredible yet somehow not yawn inducing detail One of the most fascinating things that I pulled from reading *A Life of One's Own* was that her conclusions about certain mindsets and behaviors seem to draw upon eastern ways of thinking a LOT Since I've been reading a lot about Buddhism and psychology lately this was especially apparent It's a little unbelievable how often this happens, especially since eastern ideals really didn't have much influence in the western world in the twenties just one piece of evidence linking psychology with eastern belief systems It was kind of awesome. It's such a treat to be let into the mind of someone who sounds like such a vibrant and interesting person I found myself Googling the author to see what she looked like, find out her background and gather any and all info that I could about her The conclusions Milner draws while exploring her own psyche so mirrored my own experience with personal growth and exploration that sometimes it was almost hard to believe This might not be the case for you, but I've spoken to a friend who said the same thing and I'd imagine that others out there have had similar experiences What's is that she fleshes out these ideas so well it gives the reader all of these extra points to think on and theories to test I know this all sounds incredibly vague, but trust me it's worth reading If you've ever embarked on a journey of personal growth, experienced psychotherapy, or considered one or both of these things I think you'll really enjoy this book. [Download] ? A Life of One's Own ? How Often Do We Ask Ourselves, What Will Make Me Happy What Do I Really Want From Life In A Life Of One S Own Marion Milner Explores These Questions And Embarks On A Seven Year Personal Journey To Discover What It Is That Makes Her Happy On Its First Publication, W H Auden Found The Book As Exciting As A Detective Story And, As Milner Searches Out Clues, The Reader Quickly Becomes Involved In The Chase Using Her Own Personal Diaries, Kept Over Many Years, She Analyses Moments Of Everyday Life And Discovers Ways Of Being, Of Looking, Of Moving, That Bring Surprising Joy Ways Which Can Be Embraced By Anyone With A New Introduction By Rachel Bowlby This Classic Remains A Great Adventure In Thinking And Living And Will Be Essential Reading For All Those Interested In Reflecting On The Nature Of Their Own Happiness Whether Readers From A Literary, An Artistic, A Historical, An Educational Or A Psychoanalytic Psychotherapeutic Background Outstanding An engaging record of self discovery through the author's exploration of her own thought processes, begins by asking questions about what would make her happy Notion of blind thinking, efforts to pay attention and train one's thoughts, extension of understanding to appreciation and personal relationships Body awareness through breathing exercises and relaxation informs the journey Appropriately Auden described it as a detective story One I didn't want to end. Really interesting If you are wondering about life or about yourself, this is certainly a pleasant and interesting exploration It's personal and idiosyncratic but easy to read and thought provoking. This is one of the most remarkable and impressive books I have ever read The author, recognizing in 1926 at the age of 26 that she was not happy despite living the life she wanted to live

fulfilling work, friends and leisure and set out to discover how she could be happy by keeping a diary for seven years of events and times during which she had been happiest. At the age of 34 she wrote this book, the result of her experiment, efforts and unexpected revelations. She went on to move from industrial psychology to become a psychoanalyst and to write other books throughout her 98 year life. *A Life of One's Own* is extraordinary, as was its author. Quite simply one of the most thought provoking, erudite and uplifting books I have ever read. *Ok ey reten bir kitap arada durup hi bir ey istemiyorum demenin huzurunu rendim mesela.* This book will not appeal to everyone, but for those interested in psychology or in personal journaling, it's possible this is going to be a satisfying read. It may appeal to women than to men. For me it fits in with many other books I've read recently, from the writings of Jung and Jungians to Leonard Shlain's *The Alphabet Versus the Goddess*, and my most recent reading about the journaling process I came across mention of this book in both Tristine Rainer's and Kathleen Adams books on journaling. Marion Milner, writing in 1934 under the name Joanna Field, had decided as a young woman of 26 to explore what would make her happy. She began keeping a record of what she remembered as making her happy each day. The nature of her journals changed quite a bit over the following seven years, as she explored various thought processes, ways of writing including automatic writing or free writing, ways of perceiving reality, and the nature of thought and psychology. She matured during the intervening time, apparently from her perspective and mine as a result of this journaling adventure. She wrote her journals and this book from the standpoint of an ordinary individual rather than a student of psychology, even though at the time she was transitioning into a lifetime of working as a psychoanalyst. She wanted to explore a way of developing as a person that would be available to anyone, without the need to consult a psychologist or study psychology. I found the result of her journey fascinating and somewhat enlightening, but then as mentioned above, it fits my interests well. The author explores over a period of seven years the things that made her happy. The book seems so deep like one of those studies in psychoanalysis. For some reason I feel that Jung would have made excellent use of her book as a case study in consciousness, unconsciousness, and psychoanalysis. I could see Jungian thinking in her comparison of thinking as a male and thinking as a female and how we seem to have both in us. The book is deep it can be read over and over again, and to probe into the depth of human soul. In some charming way, she used her autobiography as a work of psychology and it all flows naturally. Did she mean to incorporate psychology in her autobiography? Even if she did, you don't feel you are reading a deep work of psychology. You just take it all in and enjoy going inside her in such a wonderful introspective journey.

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JOANNA FIELD

A LIFE OF

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ONE'S

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## New Post

My Place

The Forgotten Garden

The Potato Factory

Gould's Book of Fish: A Novel in Twelve Fish

Eucalyptus

The Narrow Road to the Deep North

A Fraction of the Whole

The Year of Living Dangerously

Burial Rites

The Harp in the South

Jack Maggs

Rabbit-Proof Fence: The True Story of One of the Greatest Escapes of All Time

Year of Wonders

I Can Jump Puddles

Bliss

## Recent Post

The Book Thief

Cloudstreet

A Town Like Alice

The Thorn Birds

Tomorrow, When the War Began

The Secret River

Picnic at Hanging Rock

Schindler's List

The Light Between Oceans

Jasper Jones

A Fortunate Life

The Slap

Breath

Oscar and Lucinda  
Shantaram  
Dirt Music  
True History of the Kelly Gang  
On the Beach  
The Fatal Shore: The Epic of Australia's Founding  
My Brilliant Career  
Gifts of the Peramangk  
Looking for Alibrandi  
On the Jellicoe Road  
Jessica  
The Rosie Project  
I Am the Messenger  
My Place