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*By Roberto Assagioli*

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More than a theory, it is also a practical, working method that includes many approaches to personal growth currently entering the mainstreams of psychology and education...meditation, encounter groups, inner-imagery, and several dozen more. These methods are unified around the notion of a self at the core of each individual that can direct the harmonious development of all aspects of the personality. Beyond that personal harmony lies access to higher realism...creativity, transpersonal experience, and spiritual development.

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