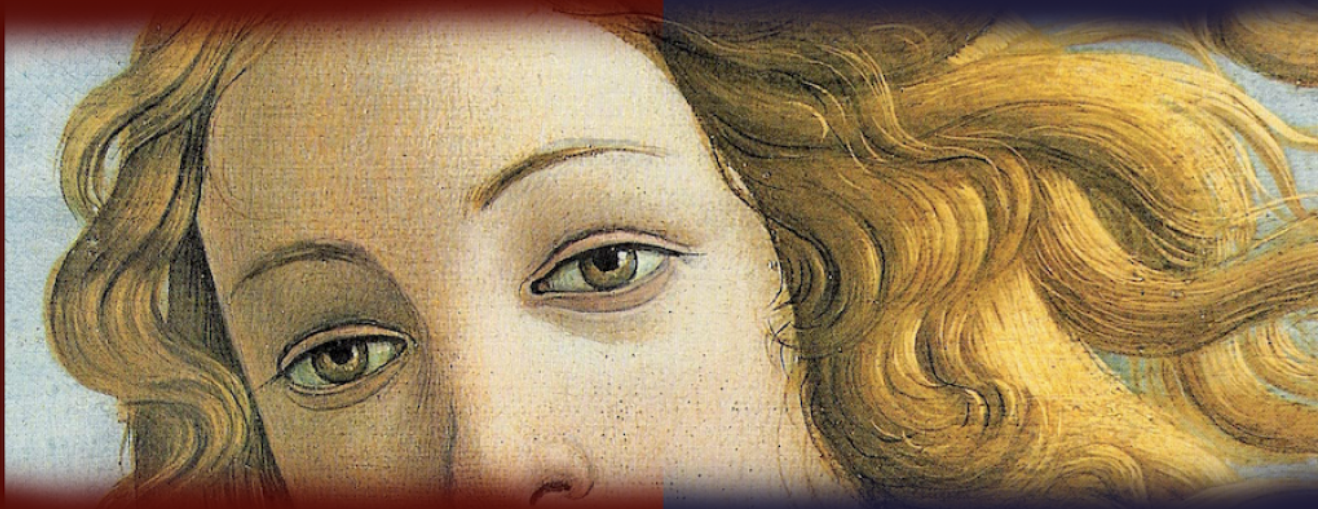


Transpersonal Psychology Tools: Tarot Books, Self-help Books, Transpersonal Psychology Books

The newly announced selection of best Transpersonal Psychology books, as compiled by the Transpersonal Psychology Reader, is now available. It includes Self-help books and Tarot books to use as tools for Transpersonal awareness

EXSTATICA

SELF-HELP ESSENTIALS



Unleash the Transformative
Sparkles of the Renaissance

Mantegna Tarot

Frank & Shanti

California, Los Angeles, Sep 16, 2021 (IssueWire.com) - *What books are found at the intersection among Transpersonal Psychology, tarot books, self-help books, and books? What books allow practitioners and experiments in each of these fields, to cross-pollinate knowledge and develop wider insights? The Transpersonal Psychology Reader compiled this selection of the best tarot books, self-help books, Transpersonal Psychology books for personal development.*

Tarot book for Self-help and Transpersonal Psychology: "EXSTATICA" shows you how to turn your life into a masterpiece, for the benefit of all. This hands-on book presents actionable ways to use the creative sparks of the Renaissance, as a tool of personal growth, to flourish for the benefit of all beings. It is not an academic treatise about tarots, nor about the mesmerizing history of the Renaissance. It explains how to use the Mantegna Tarot to gain more insights into the Four Spheres of life: behavior, emotions, cognition, meaning. When these spheres are in harmony, you live a meaningful life that expresses its full potential for the benefit of all. When the Four Spheres are not in synch, problems arise. Each of the first four chapters of this book analyzes the Mantegna Tarot cards for the corresponding sphere. The remaining chapters explain how to use the cards, integrating them into your daily life.

[Transpersonal Development by Roberto Assagioli](#): when Roberto Assagioli was a young medical student, he introduced the discoveries of Sigmund Freud to his professors. However, he saw that psychoanalysis neglected the exploration of what Maslow, some sixty years later, would call 'the farther reaches of human nature. Assagioli was ahead of his time and was not recognized until the late sixties when Psychosynthesis, his famous contribution to human understanding, was taken up by thousands of people around the world. Psychosynthesis, a practical therapy designed to help people achieve their full potential, evolved out of fifty years of Roberto Assagioli's psychospiritual reflections. The gems of this rich collection are presented here in Transpersonal Development. Part One describes the reality of the superconscious. Part Two delves into the problems and difficulties experienced on the spiritual path. Part three deals with the everyday application of those insights gained in the process of spiritual awakening. The inspiring message of this book is that transpersonal development is not just for the exceptional few. It is possible for everybody. Assagioli gives practical guidelines to help people achieve the goal. He presents a vision of the integration of cultural, scientific, and human aspects which can give birth to a new humanity.

The Power of Now by Eckhart Tolle: Much more than simple principles and platitudes, The Power of Now takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death. Only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.

Ken Wilber books, including Integral Psychology: Consciousness, Spirit, Psychology, Therapy. And The Essential Ken Wilber. An introduction to the work of an esteemed American philosopher, whose integral approach to human consciousness blends Western psychology with

Eastern spirituality. Ever since the publication of his first book, *The Spectrum of Consciousness*, written when he was twenty-three, Ken Wilber has been identified as the most comprehensive philosophical thinker of our times. This introductory sampler, designed to acquaint newcomers with his work, contains brief passages from his most popular books. Ranging over a variety of topics, concepts include levels of consciousness, mystical experience, meditation practice, death, the perennial philosophy, and Wilber's integral approach to reality, integrating matter, body, mind, soul, and spirit. Here is Wilber's writing at its most reader-friendly, discussing essential ideas of the world's great psychological, philosophical, and spiritual traditions in language that is lucid, engaging, and inspirational.

For more updates and news, the [Transpersonal Psychology Reader](#) picks new books periodically.

Media Contact

Transpersonal Psychology: Transpersonal Psychology & Psychosynthesis Books

transpersonalpsychologybooks@gmail.com

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