



Coming Home to Myself: Reflections for Nurturing a Woman's Body and Soul (Daily Reflections for a Woman's Body and Soul)

Marion Woodman

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Half a million readers have found substance and sustenance in Marion Woodman's previous landmark works such as *Addiction to Perfection* and *Leaving My Father's House*. Now, even more readers will have access to Woodman's brilliant insights through this volume, in which 365 of her core teachings have been formatted for daily contemplation.

The result is a series of sacred reminders to help readers connect to their feminine essence and gain a higher vision for the day. With chapter introductions, watercolors, and selections by Jill Mellick, *Coming Home to Myself* helps women connect to their feminine essence.

Poet, artist, and writer Jill Mellick, Ph.D., is the co-author of *The Worlds of P'otsunu*, and author of *The Natural Artistry of Dreams*. She travels and teaches internationally, focusing on the use of the arts for psychospiritual dimensions and has been in private practice for many years as a Jungian-oriented clinical psychologist and registered expressive arts therapist. She lives in Palo Alto, California.



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