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## ★ Go Within to Change Your Life: A Hidden Wisdom Workbook for Personal Transformation

Carl Greer. Chiron Publications, \$24.95 (228 pgs) ISBN 1685035353

Jungian analyst Greer (author of *Change Your Story*, *Change Your Life*) presents readers with creative ways to make meaningful change in this insightful offering, tapping into techniques like accessing archetypal energies, conquering fear, and playing with metaphors to promote mindfulness, healing, and profound self-discovery. “Remember, one change leads to another,” he writes, “Your progress may be slow, but at least you’ll be moving forward into a more satisfying life.” His advice revolves around connecting to “hidden wisdom,” recognized here as a deep inner awareness of what is needed to live a life of intention and meaning, and he provides readers with a wealth of intriguing exercises designed to awaken that inner wisdom.

Greer’s quest for peace and contentment is a breath of fresh air, set forth in uplifting, motivational prose that promises to help readers find positive energy, engage their spirituality, and shed negative thoughts, habits, and routines. His dive into Jungian archetypes is both enlightening and informative, as he highlights the different ways these archetypes—ranging from the Parent or Guide to the Rebel or Agitator—can show up in our lives. He asks readers to carefully examine the three primary archetypes influencing their thoughts, feelings, and behaviors, emphasizing how this type of self-discovery can “transform habitual behaviors and attitudes [and] change your story.” The inclusion of interactive activities—journaling, poetry, guided reflection, dream analysis, and more—propels his material into the personal realm, making it accessible for any reader seeking insight and change.

“Your new story doesn’t have to be ‘I’ve solved my problems once and for all and never have to think about them again.’ That isn’t realistic,” Greer shares, reminding readers that change is an ongoing process that requires attention, time, and hard work.

The sheer practicality of this workbook—built on a holistic framework that addresses mind, body, and spirit—is certain to spark reflection and incite a life of “authenticity, fulfillment, and purpose.”

Takeaway: Insightful, uplifting exploration of inner wisdom, to spark transformative change. (*March*)