



Wild Mind: A Field Guide to the Human Psyche

Bill Plotkin

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Our human psyches possess astonishing resources that wait within us, but we might not even know they exist until we discover how to access them and cultivate their powers, their untapped potentials and depths. *Wild Mind* identifies these resources — which Bill Plotkin calls the four facets of the Self, or the four dimensions of our innate human wholeness — and also the four sets of fragmented or wounded subpersonalities that form during childhood. Rather than proposing ways to eliminate our subpersonalities (which is not possible) or to beat them into submission, Plotkin describes how to cultivate the four facets of the Self and discover the gifts of our subpersonalities. The key to reclaiming our original wholeness is not merely to suppress psychological symptoms, recover from addictions and trauma, or manage stress but rather to fully embody our multifaceted wild minds, commit ourselves to the largest, soul-infused story we're capable of living, and serve the greater Earth community.

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