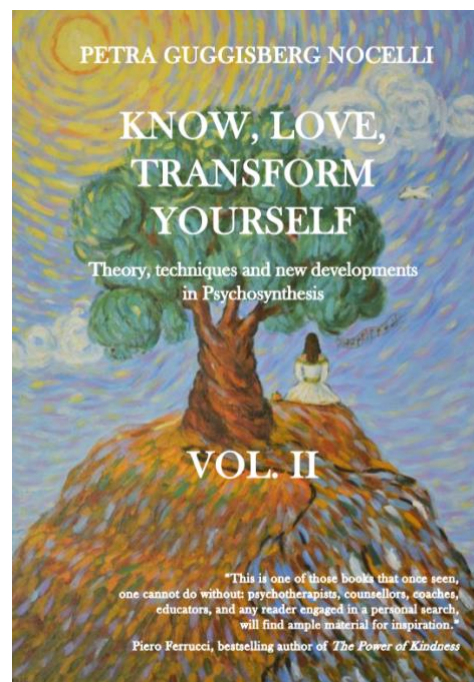
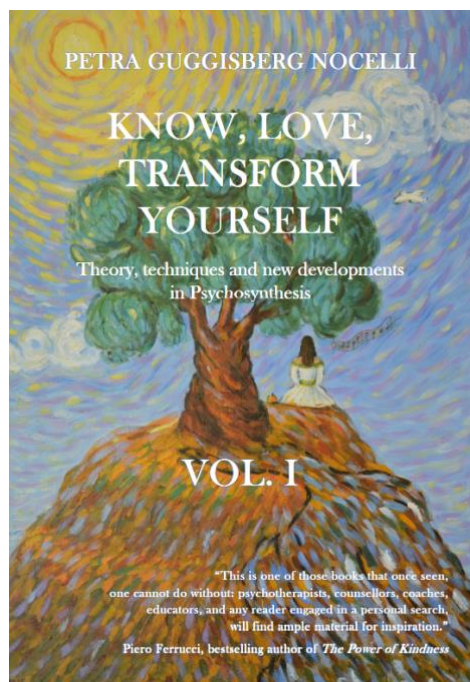


KNOW, LOVE, TRANSFORM YOURSELF (Vols. I & II)

Theory, techniques and new developments in Psychosynthesis

P. Guggisberg Nocelli

Psychosynthesis Books, 2021 & 2022



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- processes of identification, disidentification and self-identification;
- the will as a capacity for self-regulation and the importance of purpose, values and committed action in creating a meaningful life;

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Petra Guggisberg Nocelli is a member of the Swiss Association of Psychotherapists (ASP), of the Italian Society for Psychosynthesis Psychotherapy (SIPT) and trainer at the Institute of Psychosynthesis founded by R. Assagioli. She is the author of *The way of psychosynthesis - A complete guide to the origins, concepts and the fundamental experiences, with a biography of Roberto Assagioli* (available in English, Italian and French) and of the two volumes entitled *Know, love, transform yourself - Theory, techniques and new development in psychosynthesis* (available in English and Italian). She works as a psychotherapist in a private practice in Lugano (Switzerland) and hold courses and seminars collaborating with various training agencies. Website: <https://www.psicosintesi.ch/en/home/>