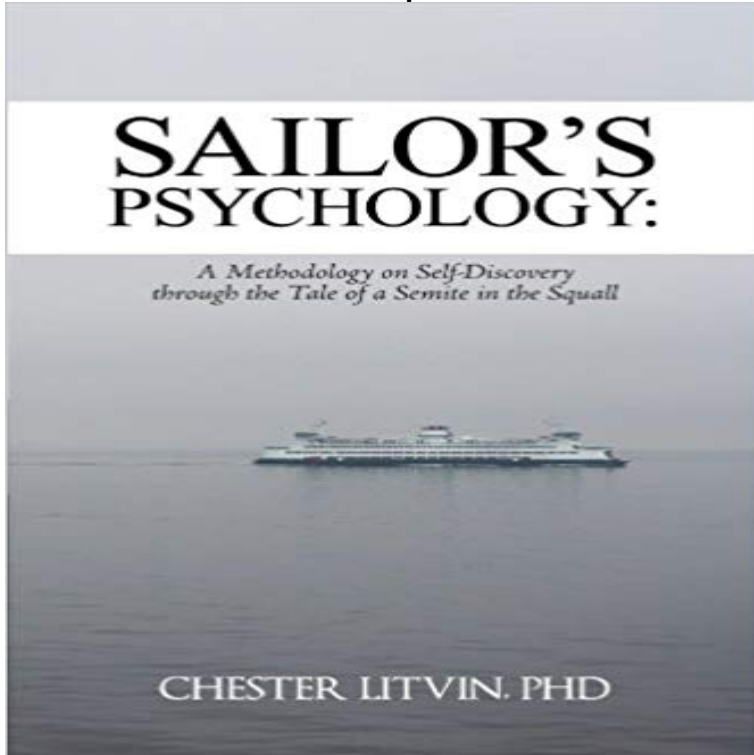


Sailors Psychology:: A Methodology on Self-Discovery through the Tale of a Semite in the Squall



Our identity is an indication of how we feel about ourselves and how others feel about us; it is an important part of our existence. Our psyche is like a mirror trying to reflect the world around us, but what we are seeing in our mirror is not an exact replica of our surroundings. In *Sailors Psychology*, author Dr. Chester Litvin explores a host of issues relating to human psychology and existence. Drawing on cultural insight, Litvin, a psychotherapist, uses a sailors analogy to discuss the human voyage to find the self-to know who we are and accept it. *Sailors Psychology* examines the human spirit through a thorough discussion of splitting from the self; splitting in the child; looking for meeting; meetings with the self; meetings with fragments; and meetings after restructurings. In *Sailors Psychology*, Litvin shows that when our psyche becomes whole we are ready for dialogs and real meetings, which are the true goals of our life.

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