

## Food and Transformation: Imagery and Symbolism of Eating (Studies in Jungian Psychology by Jungian Analysts)

Eve Jackson

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This book is not about eating disorders, dietary problems or proper nutrition. Instead it explores in depth the complex meanings attached to food and eating. Food and Transformation is a cornucopia of psychological insights on nourishment and eating as expressed through dreams, myths and customs, and through the halfhidden images incorporated in language.



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