

## *Undefended Love Jett Psaris*

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### **Undefended Love Jett Psaris**

The undefended approach – to love and the life stage of midlife – is a path that dares to suggest that most people live in the basement of themselves, not daring to seek the treasures in the sun-flooded rooms upstairs.

### **Home - Undefended Love**

Undefended Love [Jett Psaris, Marlena S Lyons] on Amazon.com. \*FREE\* shipping on qualifying offers. This book precisely maps a unique journey that turns the problems and conflicts that inevitably arise in relationships into opportunities for deeper connection. Illuminating case studies

### **Undefended Love: Jett Psaris, Marlena S Lyons ...**

Undefended Love borrows a lot of ideas from Enneagram theory and from psychology. A primary assumption of the book is that in order for change to occur you must get beyond your compensatory personality into authentic emotional experience. It is only by being in the moment and feeling what is behind the personality that one can truly grow.

### **Undefended Love by Jett Psaris - Goodreads**

Undefended Love: When Close is Not Close Enough. Open to Everyone (with or without partners, in a relationship or single) Facilitator: Jett Psaris October 20th & 21st, 2018 (Berkeley, CA) The workshop is full but there is a chance of getting in on stand-by.

### **Undefended Love: When Close is Not Close Enough - JETT PSARIS**

Click here to receive the Jett Psaris and Undefended Love Transcript! Sponsors: Talkspace.com – Online therapy that matches you with your perfect therapist. You can communicate with your therapist daily – so they can be there for you during the moments you most need support.

### **120: Strengthen Your Connection: Undefended Love with Jett ...**

120: Strengthen Your Connection: Undefended Love with Jett Psaris ... Our guest is Jett Psaris, co-author of the book Undefended Love, and her work clearly illuminates the path to wholeness ...

### **120: Strengthen Your Connection: Undefended Love with Jett Psaris**

Therapists Marlena Lyons and Jett Psaris show readers that the capacity exists in all of us to love without defenses or qualifications, and to know ourselves so deeply that real intimacy becomes a lifelong expression of our deepest nature. This is the power of undefended love.

### **Undefended Love : Jett Psaris : 9781572242081**

In addition to their work in Undefended Love, Jett and Marlena are branching out into the realm of MidLife material and they have an upcoming book, Taking the Midlife Leap, One Step at a Time ...

### **Undefended Love - Therapy**

Jett Psaris, Ph.D., has inspired and supported others to embrace the full spectrum of their humanity through her writings, workshops, and private practice over the past 30 years.

### **Jett Psaris (Author of Undefended Love) - Goodreads**

Undefended Love, Taking the Midlife Leap and Hidden Blessings/Midlife Crisis use relationship and midlife as crucibles for emotional and spiritual development. ... Jett Psaris offers deep, soulful guidance and support for individuals and couples facing trials and difficulties. From forging an emotionally intimate connection with another, to ...

### **Jett Psaris - Deepening spiritually and cultivating ...**

Jett Psaris – Past Live Events and Workshop Calendar 2019 Date Event Location February 16 & 17 Undefended Love: The Foundation Course The Sacred Stream, Berkeley CA March 8-10 Taking the Midlife Leap Esalen Big Sur, CA Jett Psaris – Past Live Events and Workshop Calendar 2018 Date Event Location February 10 & 11 When [...]

### **Past Workshops - Undefended Love**

I wanted to share with you a book that has had a profound effect on me, Undefended Love, by psychotherapists Jett Psaris & Marlena S. Lyons. The premise of Undefended Love is that each one of us ...

### **Undefended Love | Psychology Today**

Undefended Love - Kindle edition by Jett Psaris, Marlena S. Lyons. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Undefended Love.

### **Undefended Love - Kindle edition by Jett Psaris, Marlena S ...**

Read "Undefended Love" by Jett Psaris available from Rakuten Kobo. Sign up today and get \$5 off your first purchase. This book precisely maps a unique journey that turns the problems and conflicts that inevitably arise in relationships i...

### **Undefended Love ebook by Jett Psaris - Rakuten Kobo**

Intimate partnership is a profound vehicle for spiritual and self-realization. Our potential to be fully human – to be entirely ourselves in the presence of another – requires that we forge, rather than find our soul connection, compose rather than control ourselves and each other, and dissolve rather than resolve the issues that emerge in our relationships.

### **Jett Psaris - Home | Facebook**

Jett Psaris, PhD, author of Undefended Love, Hidden Blessings: Midlife Crisis as a Spiritual Awakening, and Taking the Midlife Leap, teaches others to use intimate relationship and the midlife journey as catalysts for psycho/spiritual transformation. She has been teaching workshops about how to inhabit the full spectrum of one's humanity since 1992.

### **Jett Psaris | Esalen**

Our guest is Jett Psaris, co-author of the book Undefended Love, and her work clearly illuminates the path to wholeness, healing, and deep authenticity – especially in relationship. I've been excited to speak with Jett Psaris ever since the beginning days of the Relationship Alive podcast – and it was well worth the wait.

### **Undefended Love - An Interview with Jett Psaris - Openfloor**

Authors Psaris and Lyons show us how to do this by eliminating the preoccupations we substitute for relationships, determining what it is we really want, and dissolving our defenses. Undefended Love teaches us that, "Instead of trying to maintain a sense of harmony by limiting who we are, we embrace our partners as intimate allies."

### **Undefended Love: Jett Psaris, Marlena S. Lyons ...**

Jett Psaris. 286 likes. Author of Undefended Love; Hidden Blessing: Midlife Crisis as a Spiritual Awakening; and Taking the Midlife Leap, One Step at a Time

## **Undefended Love Jett Psaris**

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