



ANNABELLE NELSON

Author Empowering Clarity

BOOK RELEASE

Storytelling, Wisdom &
Archetypes



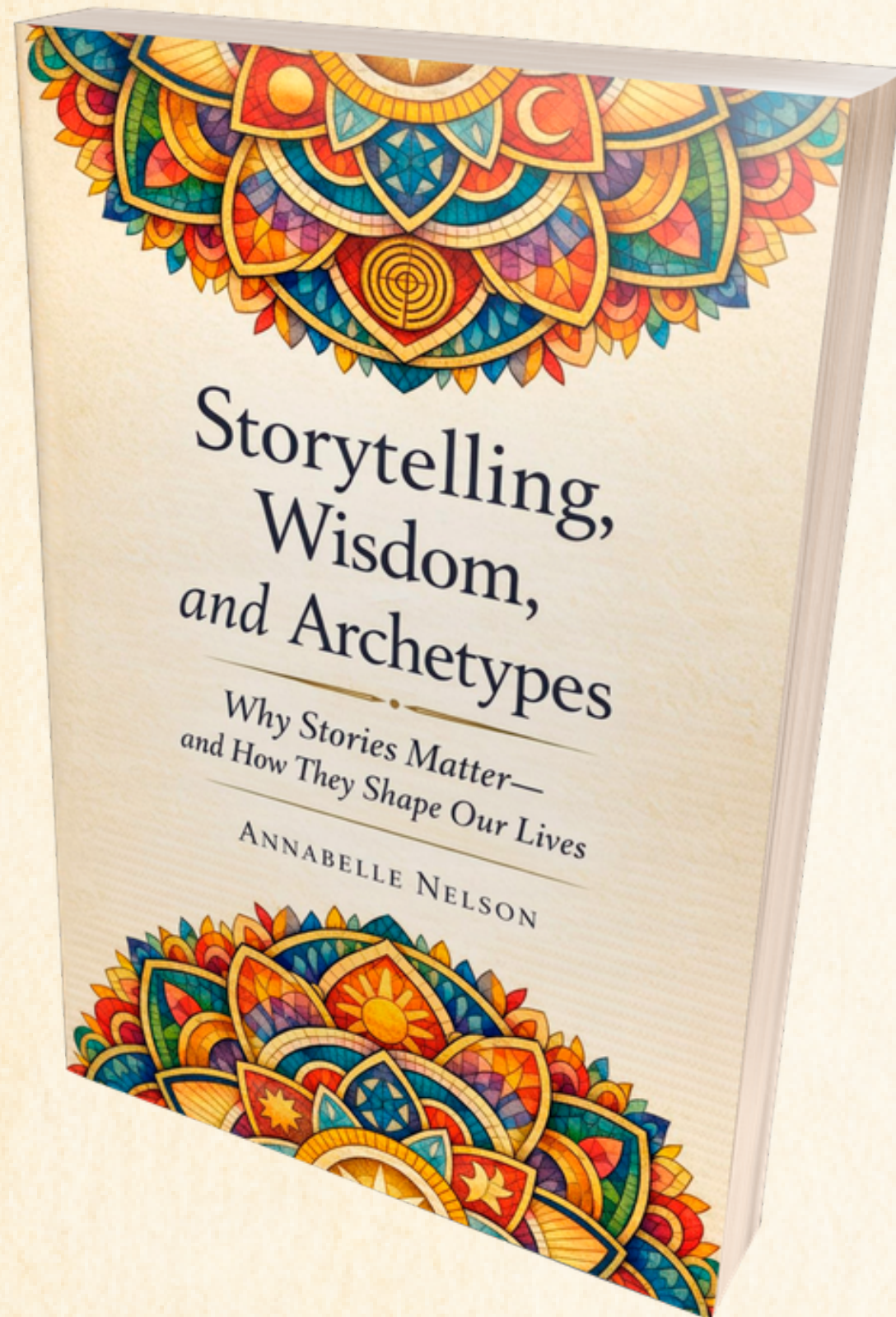
Biography

Author **Annabelle Nelson**, PhD, combines her expertise in **psychology** with her spiritual practice of Zen meditation and yoga, and world travels.

As a research psychologist and professor for 40 years, she's found hearing stories and creating stories can **help readers** find inner peace and clear perspectives.

Her work helps readers find inner wisdom **to make their lives work.**





Synopsis

Annabelle's **book shows** how hearing stories, telling stories, and recognizing archetypal patterns can open awareness, heal emotional wounds, and help make lives work.

Drawing on psychology, Buddhism, and Indigenous wisdom traditions with **21 cultural and original stories**, Nelson reveals storytelling as a living practice — one that embodies essential virtues such as choosing acceptance, facing tests, celebrating beauty, embodying bravery, and embracing death and rebirth.

Storytelling, Wisdom and Archetypes helps readers transform consciousness for emotional health and spiritual awareness.

Product Info

Storytelling, Wisdom & Archetypes

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THE STORYTELLING FIVE VIRTUES





Testimonials

“

Dr. Annabelle Nelson's brilliant work invites us to literally restory our psyches and consciousness to enter our fuller human potential.

I have followed Nelson's work for years, and this book is incredibly poignant and accessible, teaching the reader how entering the realm of story through the archetypal is a path to fullness and wisdom.

Jeanine M. Canty, PhD, Professor California Institute of Integral Studies, author of *Returning the Self to Nature: Undoing Our Collective Narcissism and Healing Our Planet*.

“

The Hasidim give the honorific title of “maggid” to one whose stories provide lessons in virtue and transmit great wisdom.

In Storytelling, Wisdom and Archetypes, Annabelle Nelson shows herself to be a modern-day worldwide maggid whose stories, arising from own experience and selected from a wide range of traditions, reveal universal archetypes of great psychological and spiritual significance.

Sanford Drob, PhD, Author of *Kabbalistic Visions: C. G. Jung and Jewish Mysticism* & *Reading the Red Book: An Interpretive Guide to C. G. Jung's Liber Novus*.

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