



# Parts Work: An Illustrated Guide to Your Inner Life

*Tom Holmes*

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# Parts Work: An Illustrated Guide to Your Inner Life

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## **Parts Work: An Illustrated Guide to Your Inner Life** Tom Holmes

The book, Parts Work, describes our inner psychological world with drawings which are moving, thought-provoking, sometimes humorous and often poignant. The book shows how we can disentangle ourselves from the problematic habitual patterns in which we get stuck, and offers ways of positively using our particular talents and style for a fuller life. Through practical examples as well as clinical illustrations, the book helps us to understand ourselves and others better.

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