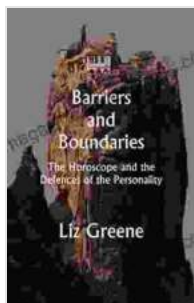


The Horoscope and the Defenses of the Personality: A Journey of Self-Discovery and Empowerment



Barriers and Boundaries: The Horoscope and the Defences of the Personality by Liz Greene

★★★★☆ 4.7 out of 5

Language : English
File size : 1615 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 261 pages
Lending : Enabled

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GOING BEYOND YOUR SUN SIGN
FOR A FULLER UNDERSTANDING OF
YOUR PERSONALITY AND POTENTIAL

THE
COMPLETE BOOK
OF **ASTROLOGY**



ADA AUBIN & JUNE RIFKIN

In the vast expanse of the cosmos, the stars and planets dance in a celestial ballet, each celestial body contributing its unique rhythm to the symphony of life. For centuries, astrologers have studied these cosmic movements, seeking to decipher their influence on human affairs. In his groundbreaking book, "The Horoscope and the Defenses of the Personality," renowned astrologer and psychotherapist Howard Sasportas

unravels the profound connection between our astrological charts and the defense mechanisms we employ to navigate the complexities of life.

The Hidden Architecture of Defense

Defense mechanisms are the unconscious strategies we adopt to safeguard ourselves from perceived threats or emotional pain. They can range from denial and projection to rationalization and displacement. Sasportas argues that our individual defense mechanisms are not random but are instead deeply rooted in our astrological blueprint. Through a comprehensive analysis of the natal chart, he illuminates how the positions and aspects of planets, houses, and signs shape the unique defensive patterns we develop.

By understanding the astrological underpinnings of our defenses, we gain valuable insights into our strengths, vulnerabilities, and areas for personal growth. Sasportas emphasizes that defenses are not inherently good or bad; they are simply tools that we use to cope with the challenges of life. However, when defenses become rigid or overused, they can hinder our emotional and psychological well-being.

Empowering Transformation

"The Horoscope and the Defenses of the Personality" is not merely an astrological treatise; it is a practical guide to self-discovery and personal empowerment. Sasportas provides a step-by-step framework for identifying and understanding our defense mechanisms. With this newfound awareness, we can begin to dismantle the walls that have been limiting us and cultivate more adaptive and resilient coping strategies.

Through engaging case studies and real-life examples, Sasportas demonstrates how astrological insights can empower us to:

- Gain self-awareness and a deeper understanding of our motivations
- Identify and release defense mechanisms that no longer serve us
- Develop more effective coping mechanisms for dealing with stress and adversity
- Build stronger relationships and create a more fulfilling life
- Harness the power of our astrological potential to achieve personal growth and transformation

A Cosmic Tapestry of Insights

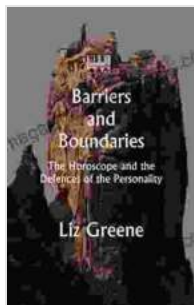
"The Horoscope and the Defenses of the Personality" is a groundbreaking work that weaves together the ancient wisdom of astrology with the insights of modern psychology. Sasportas's unique approach offers a comprehensive understanding of the human psyche and provides readers with a powerful tool for self-discovery and personal transformation.

Whether you are a seasoned astrologer or a novice explorer of the celestial realm, this book will illuminate your path to self-understanding and empower you to live a life of greater authenticity, resilience, and joy.

Free Download Your Copy Today

Embark on a transformative journey of self-discovery with "The Horoscope and the Defenses of the Personality." Free Download your copy today and unlock the hidden power of your astrological blueprint. Let the cosmic tapestry guide you towards a life of greater fulfillment and empowerment.

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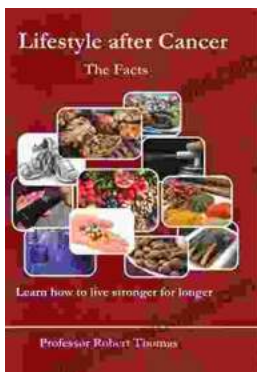
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