



# Such Stuff As Dreams Are Made On: The Autobiography and Journals of Helen M. Luke

*Helen M. Luke*

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**Such Stuff As Dreams Are Made On: The Autobiography and Journals of Helen M. Luke** Helen M. Luke

Helen M. Luke devoted her life to the exploration of the self -- both her own and that of countless others who came to her for counseling. She was endowed with a deep grasp of archetypal forces and the ability to evoke them with luminous prose.

*Such Stuff as Dreams Are Made On* consists of a memoir she wrote at the age of seventy but never published and excerpts culled from the fifty-four volumes of journals written in her final years. She weaves together dreams and symbolic images from her inner life with personal and world events, bringing a clear, unsentimental honesty and vibrant insight to all that she recounts. Reflecting on her past as a way of illuminating the present, Luke inspires us to be aware, attend to our personal truths, and "know and accept and live the next thing with devotion." This is Helen Luke's final and magnum opus -- her gift to the world.

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