



"Beautifully, honestly written."

Sitting at every turn in the winding road of our lives is a bear. Carefully, we tiptoe around it, eager to get to safety. Every so often, the bear lets out a mighty roar and we find ourselves running for our lives. Inevitably, the road straightens and the bear returns to the woods...until we come to the next turn, the next transition in our lives. And there sits the bear again. What would happen if we engaged the bear? If we looked it dead in the eye and challenged it?

Wrestling The Bear is about finding the courage to confront our innermost fears and explore the riches of our interiors. Something remarkable happens when we engage the bear, something transformative. We see ourselves anew. Reworking our inner Self produces a different outer reality. Life becomes interesting again. The menacing beast we used to fear becomes our most trusted ally, one we can turn to time and again to shepherd us out of the darkness.



CLINT LOFTIN

WrestlingTheBear.com

"In order to individuate, one has to incur guilt. To peel back the layers of psychological skin that have been laid upon us by our parents, our institutions, and our popular culture, necessitates that we step out of those confinements and begin to see ourselves anew. You will feel a sense of guilt almost immediately. And that is a good thing."

"As he writes this book Clint reveals the power of being fully engaged with one's inner life for anyone who wants to unlock their personal creativity and find more meaning and purpose in their lives. Through his personal journey he touches the deeper themes of growth and transformation that inspire and inform us all."

— Bud Harris, PhD, Jungian analyst and author of 15 books including *Sacred Selfishness* and *Becoming Whole*



WRESTLING THE BEAR

Confronting Your Self

Clint Loftin



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