

# *Diving In*



Discovering Who You Are  
in the Second Half of Life

MARK BODNARCZUK

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## Diving In



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It's the second half of your life... On the surface, *Diving In* is normally a tale about nine characters attending a dive workshop on the 110-ft dive vessel *Explorer*. *Diving In* offers manageable formulas for creating healthy growth-oriented relationships, enhancing creativity and effectiveness, and surmounting even probably the most robust personal problems. What if you were able to produce deeply profound, life-altering, and lasting changes? Bodnarczuk's use of scuba diving metaphors, interwoven with a post Jungian psychology and the Enneagram, weaves a tapestry of complicated characters' lives and teaches fundamental concepts of psychological development in a reflective story form. The workshop includes daily classes that plumb the depths of personality followed by scuba diving sessions that permit the nine individuals to explore the magnificent coral reefs of Indonesia while reflecting by themselves reactions to the teaching classes. Bodnarczuk penetrates beyond the superficial and apparent to a deeper analysis of interactions, creative abilities, and effective aging.



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Although I cannot adequately describe it when it comes to the many thoughts and principals Tag presents, I can tell you that I have already been seeing the world, and myself, differently since scanning this book. The fundamental connection from both of these approaches may be the same. Rather he provides, as he states, a shortcut mapping of the deeper components of the conscious personal and the "Triangle of Duplicity." This mapping provides useful tools and labels to understand the more complex, underlying principles. I am aware, or at least I am beginning to understand, the meaning of those words. It's a concept that I've understood intellectually for many years - understood the concept and the meaning of the words, but this book brought home to me the essential meaning of these words. The very best phrase from the book, or at least the one that spoke if you ask me the strongest originated from Nikki, during an epiphany, that people are bound between the self that people were and the self that we have become - the existential now. I grok the "existential now." Tag all-to-briefly explores imagination. And although his thoughts on the subject seem to be highly influenced by Rollo May, Mark's effective restatement of the essence of imagination - why it's needed and just why it's feared - affected me deeply. I'm naturally drawn to this introspection of the personal. Diving In - to this book was a fascinating experience! I've appreciated the books by Steven Pinker (How the Mind Works and The Blank Slate). He successfully overcomes the temptation to get easy answers from the enneagram overlay. There is no "I" in control. You will not end up being disappointed. This book has made me hungry for more. Amazing Book! The diving offers some reflective insights into the primary of the book and kept my interest as I moved from program to session. I've always been thinking about the "Enneagram" as an instrument for dealing with differing personalities, but have had trouble distinguishing between your nine personality types. His book has trained me to identify the crimson flags in my character and supplied me with the foundation to create deep life altering changes. Beyond Success Toward Significance The modern age provides forced us to become narrowly focused and compartmentalized in a small world. The concepts Mr." and "What must i be doing with my life? Anyone wishing to understand their personality and find out who they are, will find this essential read book. There is absolutely no ghost in the machine. It has givin me insights into how I can improve my business and personal interactions. The plot is compelling and draws you into each character types tale. It has helped switch the way I watch myself and just how we communicate with each other. She and I now have a common language that we can communicate in that provides helped our marriage and can benefit us in the future. I would suggest this publication to anyone that has an interest in learning about themselves and is looking for a way to describe what they might be experiencing in lifestyle. Not merely is this an interesting teaching novel but a work that will profoundly effect peoples lives. Diving Below the top We all get ourselves isolated and asking the age-old questions, "Who am I? Bodnarczuk supplied me with has generated immense psychological growth within me benefiting both my personal and professional life." Through a series of teaching sessions accompanied by instances of reflection, DIVING IN gives valuable insights for moving toward a existence of significance. The summary descriptions of the 9 Enneagram Types catch each Type "at its best" and also "when under pressure". Tag touches on some very serious inner problems in a great easy reading publication. But heretofore, I've approached the subject from the biological part of the biological-psychological interface. I found Mark Bodnarczuk's publication "Diving In: Discovering Who You Are In THE NEXT Half Of Life" to become a fascinating read. Mark Bodnarczuk's reserve "Diving In: Discovering Who You Are in the Second Half of Life" goes on a five day scuba diving adventure where you figure out how to explore your inner self. By putting brands and histories to each one of the nine character types Mark's cast of heroes made the distinction appear obvious. Diving In to Who You Are Mark does a fantastic job of weaving what might be considered the "pop-psychology" enneagram with deep introspection and Jungian psychoanalysis into a nifty, metaphorical ocean diving story. I highly recommend this reserve! Having been able to identify my own personality blind places, I now understand the blind spots in the personality of others allowing me to split up someone's character from what I previously believed was personal. Will reference over and over. An amazing read." Through some teaching sessions followed by times of reflection, DIVING IN gives valuable insights for moving beyond success toward significance--discovering who we have been and answering our calling. A "Gift" that will change the way you see yourself." And, "What must i be performing with my entire life? Couldn't put it straight down and solidified the missing pieces of human awareness in life. Told in a story file format, the "lessons" it teaches will start you on the trip to self enlightenment. An absolute must have if you "sharpen the saw"

in your daily life. You will not be disappointed. Diving In:Discovering who you are in the next half of life Excellent!! Isolation pieces in and two inescapable questions haunt our thoughts: "Who am I? They are particularly useful in understanding our very own personal and professional interactions. Discover Your Inner Self. It includes the reader the chance to go futher within to find their true self and shadows that inhibit their development. A life changing book This book is amazing. Peace in who I am. A tremendous reserve for an insightful consider who we are This is a "self-learning and understanding" workbook arranged within a descriptive and entertaining context. Who hasn't heard that little inner tone of voice and wondered where it had been via. Diving In helped me learn to listen, acknowledge and work on the deeper levels of consciousness. Very eye-opening! Diving In - Discovering Who have You Are Bodnarczuk's make use of of scuba diving and its solitude assists the reader understand the significance of seeking inside ourselves more deeply. Diving In:Discovering Exactly who You Are in the Second Half of Life Diving In isn't another "self-help" book.



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