



The Red Shoes: On Torment and the Recovery of Soul Life

Clarissa Pinkola Estés

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The Red Shoes is a dramatic excursion into the realm of the soul with analyst Dr. Clarissa Pinkola Estes. Using an ancient tale deeply rooted in our collective psyches, Dr. Estes illuminates how people fall prey to destructive impulses while seeking to balance their inner lives. In our culture, she begins, we may travel life's path in one of two ways: in handmade shoes, crafted with love and care according to the unique needs of the individual soul; or in Red Shoes, which promise instant fulfillment, but ultimately lead to a painful, hollow, and split existence. Drawing from real-world examples such as the tragic death of Janis Joplin, Dr. Estes analyzes the deeply seated needs that lead to addiction. By listening to your instinctive forces, she says, you can free yourself of the exterior traps that torment and destroy the soul. This is the way to construct a life that is uniquely your own; a life made by hand. The Red Shoes is a treasury of ideas and counsel, threaded with magical storytelling, about the complete life each one of us deserves to lead. Additional contents: The Internal Predator; how instincts are injured; learning to say no; the exile; vulnerability and seduction; feral women; and more."

The Red Shoes: On Torment and the Recovery of Soul Life Details

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Author : Clarissa Pinkola Estés

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From Reader Review The Red Shoes: On Torment and the Recovery of Soul Life for online ebook

Holly says

It helped me to remember to remove that/those who do not serve me, and to preserve myself. That alone is worth a 5 star rating.

Susie says

someone suggested this... so I'm getting the piece of paper off my desk

Claire says

The format is the same deal as always with Pinkola Estes - using tales to illuminate our psyche's operation. I have the same general evaluation as *Warming the Stone Child* .

In this audio however Pinkola Estes touches on the addictive parts of us, that have desperate need for something we did not obtain early in our lives, and how these manifest later in the futile attempts we make to fulfill these needs. The tale of Red Shoes depicts only the process of how we harm ourselves in the very act of trying to fulfill our unmet needs. Pinkola Estes goes on to suggest some ways out of this dilemma.

Pam Frost Gorder says

"Origins of self-destructive behavior"

This review is for the Audible version of the story. I'm a fan of Dr. E., and I've "attended" her live webcasts at Sounds True. I could listen to her voice for hours and hours (and come to think of it, I guess I have!). Here, Dr. E. delves into the issue of why we sometimes sabotage ourselves and how we might begin to change this behavior. This book is on par with the rest of her work, and though it is short, every time I listen to it, I pick up on something I missed the last time. I recommend it for repeat listens.

Celtic Goddess says

This Audio Book truly gives profound insight into the reasons women turn to unhealthy, addictive behaviors in a desperate response to not receiving the love and emotional/physical attention needed as a child. I was moved by this books ability to demonstrate through story the etiology of destructive patterns of behavior that so many succumb to in a desperate attempt to feed the starving soul within.

Audrey says

Recommended.

McKinley says

Spirit can be hurt but the soul can't be harmed. Develop self and psyche.
