



The Marble Game: Therapeutic Metaphors for Life

Ms. Gaelen Billingsley LMFT

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Life and relationship problems have a tendency to feel singularly overwhelming and complicated, but in actuality most therapy clients are seeking answers to the same few simple human questions: 1) Who am I and why do I feel so crazy? 2) Who is that other person I thought I knew, and why is s/he driving me so crazy? 3) Why do I keep doing the crazy stuff I do, even though I want to change?! 4) In the face of all of my flaws how do I become the person I want to be? 5) How do I get that other person over there to be and do what I want? 6) Why does Life/God/The Universe either a) seem so crazy that the way the world works makes no sense, or b) hate me personally so much that I get punished again and again no matter how hard I try? 7) Why bother to ever do anything? What is the point? The Marble Game: Therapeutic Metaphors for Life contains metaphors and parables to translate seemingly complicated human behaviors and patterns into simple and practical concepts that readers can use to feel empowered and create change in their own lives. The book is designed to help you get free of all the unconscious baggage that weighs you down and keeps you from being your finest self -- from living your most excellent life. The author wants you to acquire an adventurous sense that there might be a lot to know about you that you don't already know. And even though it may seem scary and dangerous to learn about yourself, until you see yourself clearly, you will never be free to be the author of your self, your life, and your own destiny.

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