



The Full Catastrophe: A Memoir

Karen Elizabeth Lee

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In 1998, after having been married to Duncan—a bully who's been controlling her for the fourteen years they've been together—Karen E. Lee thought divorce was in the cards. But ten months after telling him that she wanted that divorce, Duncan was diagnosed with cancer—and eight months later, he was gone.

Lee hoped her problems would be solved after Duncan's death—but instead, she found that without his ranting, raving, and screaming taking up space in her life, she had her own demons to face. Luckily, Duncan had inadvertently left her the keys to her own salvation and healing—a love of Jungian psychology and a book that was to be her guide through the following years. In *The Full Catastrophe*, Lee explores the dreams she had during this period, the intuitive messages she learned to trust in order to heal, and her own emotional journey—including travel adventures, friends, and romances. Insightful and brutally honest, *The Full Catastrophe* is the story of a well educated, professional woman who, after marrying the wrong kind of man—twice—finally resurrects her life.

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