



A Life of One's Own

By Marion Milner

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How often do we ask ourselves, 'What will make me happy? What do I really want from life?' In *A Life of One's Own* Marion Milner explores these questions and embarks on a seven year personal journey to discover what it is that makes her happy.

On its first publication, W. H. Auden found the book 'as exciting as a detective story' and, as Milner searches out clues, the reader quickly becomes involved in the chase. Using her own personal diaries, kept over many years, she analyses moments of everyday life and discovers ways of being, of looking, of moving, that bring surprising joy – ways which can be embraced by anyone.

With a new introduction by Rachel Bowlby this classic remains a great adventure in thinking and living and will be essential reading for all those interested in reflecting on the nature of their own happiness – whether readers from a literary, an artistic, a historical, an educational or a psychoanalytic/psychotherapeutic background.

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Editorial Review

Review

"Unlike Woolf [in her book A Room of One's Own], Milner doesn't just tell you it would be nice to have one (of your own), or that women deserve one (of their own); it shows you, step by step, and in lovingly private detail, how to go about getting one?all by yourself, and without any need for special training or material resources?and what it might feel like to have one, moment by moment. It is an irresistible invitation." – Rachel Bowlby, from the new introduction.

About the Author

Marion Milner (1900-1998) was a distinguished British psychoanalyst, educationalist, autobiographer and artist.

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