

The background of the cover is a textured, dark blue-grey wash. In the upper left, there is a circular, dark, textured shape that resembles a shadow or a hole in the surface. Inside this circle, there is a bright, multi-colored area with white, yellow, and orange tones, suggesting a light source or a path. A small, dark silhouette of a person is standing on the edge of this bright area, looking towards the center. The overall mood is contemplative and mysterious.

Susan Thesenga

*The*  
*Undefended Self*  
*Living the Pathwork*

Third Edition  
Based on material  
created by

**Eva Pierrakos**

# Undefended Self

**SJ Ball**



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