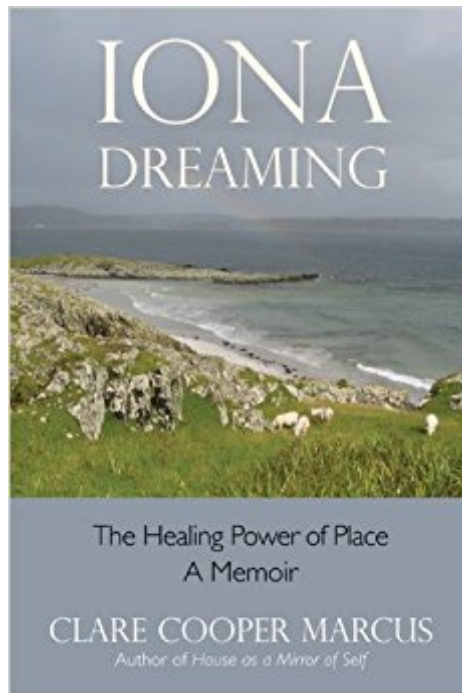


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# Iona Dreaming: The Healing Power Of Place



## Synopsis

A journey of healing takes Clare Cooper Marcus on a 6-month long solitary retreat to the remote Scottish Island of Iona. Here she experiences a mirroring of her soul and reflects and reviews the life that brought her here to this magical place. Her compelling memoir *Iona Dreaming* is an inspirational account of personal survival and hope in which Clare shares her recovery from a life-threatening illness, which deepens into a contemplation of the events in her life and her physical, emotional and spiritual healing. Clare Cooper Marcus brings both a personal and academic life-long interface with place, environment and people. Her five previous books about human response to architecture and environment were popular with the public and well-received by the press. *Iona Dreaming* will reach out to a broad audience: people entering retirement, dealing with serious illnesses, gardeners, lovers of nature, architects and landscape architects, people who are becoming more health conscious, women who have shared the social and cultural shifts she lived through--especially those coming of age in the 60's--and all those who seek a more authentic life.

## Book Information

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## Customer Reviews

"Through Clare Cooper Marcus's poetic landscapes we are transported to Iona on a journey of transformation and healing. Mythology, dreams, the wisdom of rock, tree, and sea all weave a fabric of inspiration and guidance, where at the end we meet ourselves and become whole. Magical, poetic, and uplifting, this book will sneak into your dreams and beckon you to set out on your own path of inner exploration. Clare is a talented, intelligent, and lyrical writer." -Linda Joy Myers, Ph.D., president of the National Association of Memoir Writers, author of *The Power of Memoir--How to*

Write Your Healing Story, and Don't Call Me Mother" Do you wish for a special place that is a wise and loving friend that empowers you, heals your illness, soothes your worst fears and disappointments? A place that holds you in its embrace and makes you whole? Clare Cooper Marcus writes of her such place and in so doing instructs us to discover places where we can be fully alive. In turns literary and primal, *Iona Dreaming* will imbue you with sensuous reasoning and change you forever." -Randolph T. Hester, Professor, Department of Landscape Architecture and Environmental Planning, University of California, Berkeley; author of *Design for Ecological Democracy*, and *Cultivating Sacredness in the Everyday Landscape*. "Clare Marcus's prose lifts us beyond intimate contact with this magical island into the spaces in our own hearts that we have closed off. Her touch, her eye for light, her honest memories of old pain, her joy in birdsong and small woodland plants--these open us to the power of place and we are healed too." -Louise Dunlap, author of *Undoing the Silence: Six Tools for Social Change Writing* "This is a travel book in the truest, deepest sense. In describing her sojourns on the luminous Scottish island of Iona, Clare Marcus also moves us to journey into our own inner world. There we discover, as she does, the importance of place: how we have been altered and enriched by the landscapes of our lives. Draws from archetypal psychology and her love for this living Earth, the author's personal story becomes the most trustworthy of guides." -Joanna Macy, author, *World as Lover, World as Self* "This is an enchanting book about geographies of the heart, sacred landscapes of desire, longing and memory. Clare Cooper Marcus invites us to accompany her to many landscapes of her remarkable life's journey--from the childhood terrors of wartime England, to hippie California, and finally the rugged solitudes of the Scottish island of Iona. Clare's acute perceptions balance her warmth and compassion as she describes Nature's many healing qualities in facing life-threatening illness and the many challenges experienced in a life well lived." -Wendy Sarkissian PhD, author of *Kitchen Table Sustainability* "Both personal and professional experience illuminate Clare Cooper Marcus's deep understanding of an important, over-looked truth: the quality of our lives depends on our relationships not only with people, but also with places. On her journey from her childhood's English countryside, to healing gardens in America, to the magical island of Iona, she shows us how to look past our own fragile boundaries to the great world outside, where we can find unsuspected strength, wisdom, and joy." -Winifred Gallagher, author of *The Power of Place: How Our Surroundings Shape Our Thoughts, Emotions and Actions*, and *Rapt: Attention and Focused Life* "In this hauntingly beautiful memoir, Clare Cooper Marcus traverses the liminal spaces of the landscape of Iona and the inner terrain of the soul with a sensual eloquence. Through this pioneer in the field of therapeutic landscapes, we encounter a personal story of transformation and healing that points beyond itself to

the numinous power of place, unfolding through memory, insightful reflection, and a rich tapestry of dreams." -Susan Williams, Jungian Analyst, and Teaching faculty at C.G.Jung Institute, San Francisco  
"Clare Cooper Marcus was the first person to alert me to the emotional meaning of our environment. In this moving memoir, she turns her writerly eye to the power of place in our spiritual, emotional and physical healing. Eloquent, evocative, and original." -MJ Ryan, author of Attitudes of Gratitude and This Year I Will...  
"This is a fascinating book about an impressive woman who 'turns within' after retirement from a prestigious academic career and life threatening bouts with cancer to make peace with herself, nature and, yes, even God. Exquisitely written and self-revealing, Clare Cooper Marcus' chronicle of her journey to the Scottish Isle of Iona provides real insight into what 'inner life' means and what rewards await those who cultivate it." -Roger Doudna, PhD, Findhorn Foundation Fellowship Coordinator

As consultant and freelance writer in the field of people-environment relations and environmental psychology, retired University of California at Berkeley Professor of Architecture and Landscape Architecture Clare Cooper Marcus has written several books on architecture and community. Professor Marcus has consulted for the Department of Housing and Urban Development in Washington DC, San Francisco City Planning Department, New Zealand Department of Public Works, the Canadian Housing Design Council, as well as private architecture and engineering firms.

Her story is based on Nature....what she calls Soul-Nature, and Solitude and Memories. I would say she came to Iona alone to rethink and understand her past. She writes "This island invites us to view ourselves in a similar vein, not through the lens of complacency or arrogance, but through a loving gaze of self-acceptance". I really liked this story, and especially the photographs, which lets the reader know how Iona looks. It is a unique travelogue and I hope she will write another. Susan

Reading this book was like going through the history of my life guided by someone who could be a sister 2 years older than me. Someone very close, but who is a little further, a little ahead of me. Although I chose to read it because of professional issues, it took me to wondrous places of my life. It made me think of it and understand it in a more profound way. When I read it, it helped me understand the author's other books ("Healing Gardens", "House as a Mirror of Self" & "Therapeutic Landscapes" about healing gardens and healing landscapes. Her own experience in Iona complemented the author's professional work. Her book "People Places" is not about healing places, but it helped and guided me on thinking about and understanding public places in order to

better design them. I highly recommend the reading of Iona. As another reviewer stated here, finishing it was like saying goodbye to a friend. "Iona Dreaming" is a wonderful book for professionals and also for people who want to understand the influence of the places they lived in to their own selves.

I'm not sure how much pleasure this book would give a reader unfamiliar with Iona and with no plans to visit there, but if you know Iona, or are planning to go there for more than a brief visit, this might be a good book for you. The author spent 6 months on Iona, mostly in solitude, but not completely so. Her candid exploration of her own life and dreams is not perhaps as interesting to the reader as it is to the protagonist, but her descriptions of specific places on Iona are lyrical and, to the best of my recollection (I've stayed there several times), gloriously accurate. Iona is one of the most beautiful places on this planet, and the author's descriptions powerfully attest to that reality. She also includes considerable information about being on retreat, Jungian dreamwork, and Celtic spirituality.

I bought this book as I am planning a pilgrimage to Iona next year. The author presents a thought-provoking journey similar to 'Gifts From the Sea' and 'Crossing Avalon'. This book is rich in descriptive passages which made the island come alive for me. I enjoyed the ambience of the island along with learning more about its history. There were times when the author's personal history (which she covered in detail) became a bit long, but I have recommended this book to friends who have the time to enjoy and savor this journey.

Perfect in every way. I read it after being on Iona last month. And relived my experience in many ways through Clare's memoir. Thank you, Clare.

Enjoyed the excellent writing and life reflection that so many of us can relate - mother, family, career, retirement, and illness. Finding happiness is a forever journey.

Great book!

Iona Dreaming is by far the most evocative and insightfully written place biography. Marcus deftly weaves in her life with the place narrative and the reader is swept along enthralled! I ask my students to read it before they write their own environmental autobiography and they find it very

inspirational.

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