



My Head and My Heart: Sex, Love, Life, and the Unconscious

Dr. Jorge De Gregorio

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Sex, love, work, how our days and lives unfold--in this extraordinary book, Jorge De Gregorio explores how the human unconscious works, and shows how an understanding of the unconscious can help us assess and change our own behavior, as well as gain insight into the otherwise inexplicable actions of others, including world leaders. "What did I ever see in her?" "Why do I feel and behave this way?" "Why did Bill Clinton risk so much over Monica Lewinsky?" Dr. De Gregorio draws on years of experience as a psychoanalyst to reveal how the dramas in our inner worlds, the important episodes of love and loss, become imprinted in us and are reenacted by us in our daily lives; and how, once we understand that this unconscious "genetic code" is written in our hearts and minds, we can go on to rediscover ourselves, and to create lives of greater originality and freedom.

Two hundred years ago, Thomas Jefferson wrote a letter to himself in which he carried on an imaginary dialogue between what he called "My Head" (the conscious mind, with its rationality and rules) and "My Heart" (the unconscious, the source of our passions, instincts, love, and sexual behavior). Using this letter as a model for knowing ourselves, Dr. De Gregorio discusses why, when it comes to sex and love, "it's never just sex." An interpretation of the Bill Clinton and Monica Lewinsky affair and of Thomas Jefferson's relationship with Sally Hemings; why insights into the private lives of world leaders often don't seem to match their public personalities; stories about people who discover the unconscious meaning beneath their bizarre behavior; how character and personality can be reconfigured and redefined--these and many other topics are illuminated in this brilliant and provocative book.

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