



Mind Files

Perception, Perspective & Problems

by Penny Hodgson



Non-Fiction - Self Help

108 Pages

Reviewed on 07/30/2018

Book Review

Reviewed by Joel R. Dennstedt for Readers' Favorite

What makes *Mind Files* by Penny Hodgson such a unique and vital contribution to the immensely relevant and timely subject matter of individual psychological health is Ms. Hodgson's manner of applying the deepest of psychological understandings from practitioners as astute as Carl Jung to a largely novice (professionally speaking) popular audience. In other words, this is a book for easy public consumption, but it is also one based upon and including psychological principles and foundations of the highest order. What may appear somewhat simplistic on the surface becomes deeply complex and effective with the clarity of understanding and profoundly effective metaphor provided by Ms. Hodgson.

Mind Files by Penny Hodgson is based upon the familiar concept of how our individual filters color our perceptions and thus literally create our personal psychological reality. Ms. Hodgson expands this notion by relating it to a personal filing system for organizing and retrieving the lessons of our uniquely individual experiences in life. Although her comparisons are completely compatible with advances made in neurological brain studies, she makes her metaphor perfectly accessible to any inquiring mind. She then enhances such easy understanding with a process for accessing the contents of these "mind files" in order to successfully transform our more common delusions (negatively affecting our behavior) into positive mental habits for improving our life situations. Ms. Hodgson does not underestimate the effort involved in such a transformation, but she does give one confidence that such a transformation is possible. Specifically based upon higher spiritual guidance, *Mind Files* does not rely on specific religious doctrines to make its points, only to reinforce its positive message and improvement techniques.



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Author Biography

 Penny knows what it takes to work through a painful past and get to the other side. Being born with severe bilateral hip dysplasia meant that Penny would walk with an exaggerated limp as a child. This resulted in years of being ridiculed and bullied, created deep rooted feelings of shame and layers and layers of anger. It would take over a dozen orthopedic surgeries performed in three different provinces by four different orthopedic surgeons over the course of thirty years to correct her skeletal deformity and keep her walking pain free.

Penny's life challenges weren't limited to just physical limitations, she was molested by a family member from the age of ten through to the age of fourteen, and raped by the father of two children she was babysitting when she was just thirteen years old.

The perspectives developed during these and earlier experiences set the course for decades of resentment, conflict, frustration, and anger. Listening to the internal guidance from her Spirit, and forming a relationship with God helped Penny find her way to true forgiveness, peace and happiness. Working her way through the files in the filing cabinets of her own mind laid the foundation for Mind Files: Perception, Perspective and Problems.

Penny is a certified holistic therapeutic counsellor and natural nutritionist who resides in Calgary, Alberta, Canada.

Penny established a holistic practice named after mythology's wounded healer Chiron. For more information on Penny's Mind File program, go to www.chironswayconsulting.com.