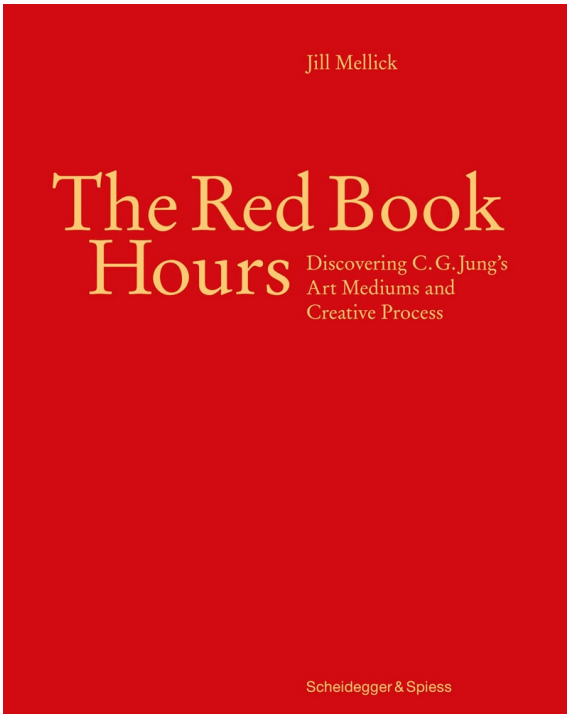
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The Red Book Hours

Discovering C.G. Jung's Art Mediums and Creative Process

Jill Mellick

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- A unique study of and reference work on C.G. Jung's monumental Red Book (Liber Novus)
- Documents comprehensive research on Jung's experience with creativity, his conscious and expert choices of art mediums and techniques

In 1913, psychiatrist, psychoanalyst, and theorist Carl Gustav Jung (1875-1961) experienced powerful visions, often terrifying. However, seeing their great potential value he found ways to encourage further visions and fantasies. Over many years, he recorded his experiences in a series of small journals, added commentaries and transcribed them, using calligraphy and illuminations, into a large, red, leather-bound volume, commonly known as *The Red Book*. Jung never published the *Liber Novus*, as he called this pivotal part of his oeuvre, and left no instructions for its final disposition, and it therefore remained unpublished until recently. The large format, leather-bound volume of *The Red Book Hours* complements the facsimile edition and English-language translation of *The Red Book*, published in 2009, and draws out insights into Jung's affinity with art as a means of personal insight. Psychologist and multimedia artist Jill Mellick documents copious research into Jung's choices regarding media and technique and his careful design of environments in which he could experience creative processes and allow unconscious content to flow forth. Her unlikely journey includes explorations of memory, serendipity, and science. A stunning interplay of texts and images includes magnifications of the wildly colourful and intricately detailed sketches from *The Red Book* and a selection of Jung's own pigments, never seen until now, *The Red Book Hours* presents a more comprehensive picture than ever before of the foundational psychoanalyst's experience and expression of his rich inner world.

Jill Mellick is an Australian-American Jungian psychologist, author, specialist in creativity, and multimedia artist. She lives in Palo Alto, California.

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