



## Eternity's Sunrise: A Way of Keeping a Diary

*Marion Milner*

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Following on from *A Life of One's Own* and *An Experiment in Leisure*, *Eternity's Sunrise* explores Marion Milner's way of keeping a diary. Recording small private moments, she builds up a store of 'bead memories.' A carved duck, a sprig of asphodel, moments captured in her travels in Greece, Kashmir and Israel, circus clowns, a painting - each makes up a 'bead' that has a warmth or glow which comes in response to asking the simple question: What is the most important thing that happened yesterday?

From these beads – sacred, horrific, profane, funny – grows a sense of an 'answering activity', the result of turning one's attention inwards to experience real joy. What Marion Milner conveys so vividly and inspirationally is her lifelong intention to live as completely as possible in the moment.

With a new introduction by Hugh Haughton, *Eternity's Sunrise* will be essential reading for all those interested in reflecting on the nature of their own happiness – whether readers from a literary, an artistic, a historical, an educational or a psychoanalytic/psychotherapeutic background.

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