



Use Your Planets Wisely

Master Your Ultimate Cosmic Potential with Psychological Astrology

by Jennifer Freed, Ph.D., MFT

Learn how you can accept yourself and grow into your highest potential using psychological astrology

Who am I, really? What did I come here to do? Who am I in relationships?" A good therapist will help you answer these questions; so will a good astrologer. Dr. Jennifer Freed has a deep understanding of both these areas of practice, and she has incredible success in combining them in her work with individuals and groups for the last 25 years.

In *Choose Your Fate*, Dr. Freed introduces you to psychological astrology as a way to dive deep into understanding yourself and others in a profound and life-changing way. If you think of yourself as simply a Virgo or a Pisces or a Capricorn, be prepared to expand your self-knowledge many-fold. "Your birth chart reveals at least *ten times* more about you than you might have thought," says Dr. Freed. "The knowledge in this book will give you a far more complete picture of your psychological and emotional blueprint."

By understanding your cosmic DNA, nine core strengths, and cosmic committee, you'll come to trust that there is a divine orchestration that guides you, that you have a purpose in the world, and that both your light and your shadows are welcome participants in your psychological and relational lives. *Choose Your Fate* is for everyone who would like to better know themselves, have better relationships, and enjoy greater happiness and fulfillment in community.

Author Bio

Dr. Jennifer Freed is a psychotherapist, mediator, and author with over 25 years' experience in the fields of psychological astrology and social-emotional learning. Her work has been featured in *USA Today*, the *New York Times*, *HuffPost*, and *Forbes*, as well as on *Good Morning America* and *Fox News*. She's a frequent contributor to *Goop*, writing about astrology, relationships, and personal growth. Dr. Freed lives in Santa Barbara with her family. For more, visit jenniferfreed.com or jenniferfreedastrology.com.

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