



# **Astrology, Psychology, and the Four Elements: An Energy Approach to Astrology and Its Use in the Counseling Arts**

*Stephan Arroyo*

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Astrology, Psychology and the Four Elements by Stephen Arroyo, a recognized classic in modern astrology, is truly a pioneering book in the field of astrology. It establishes a new science of astrological psychology. Arroyo presents a language of energy that has enabled astrology to be widely and reliably used in the helping professions as well as by the general public. As Library Journal stated, "Transcending the boundaries of separate disciplines, this work represents a major distillation of astrological principles." This book relates astrology to modern psychology and explains the use of astrology as a practical method of understanding one's attunement to universal forces. It clearly shows how to approach astrology with a real understanding of the energies involved, and it includes practical instruction in the interpretation of astrological factors with more depth than is commonly found in astrological textbooks. It was awarded the Astrology Prize by the British Astrological Association.

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