

# THE POSSIBLE HUMAN



A COURSE IN  
ENHANCING YOUR PHYSICAL, MENTAL,  
AND CREATIVE ABILITIES

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## The possible human: a course in extending your physical, mental, and creative abilities

[Jean Houston](#)

In this book, the written version of the innovative and ground-breaking workshops and programs of lecturer, scholar, philosopher, and pioneer of human development Dr. Jean Houston, readers learn how to gain access to hidden images, ideas, and sensory-based memories, and are introduced to a comprehensive theory and program for conscious creativity.

Dr. Houston explains the theories that helped form the foundation of the human potential movement while she teaches readers to draw on their inner resources and employ strategies that have been used successfully by writers and artists, teachers and therapists, actors and athletes, scientists and business executives. This original and essential guide is a passport to the wondrous, and tragic, dimensions of the human psyche.