

ABOUT THE AUTHOR

Ildikó Boldizsár was born in 1963 in Dunaújváros, Hungary. Between 1987 and 1993 she was a researching fellow at the Hungarian Science Academy, doing research on fairy tales. She received her doctorate in folklore in 1999. She has worked for more than twenty years as an editor, including being editor-in-chief at Magvető Publishing House (2003-2008), where she published five fairy-tale anthologies of her own: *Fairy Tales About Men For Women* (2007), *Fairy Tales About Women For Men* (2007), *Fairy Tales About Mothers* (2008), *Fairy Tales About Fathers* (2008), *Fairy Tales About Life, Death And Rebirth* (2009). She is currently working as a fairy-tale therapist, and runs the world's first Fairytale Therapy Centre – opened on 30th September, 2010 – in the little Hungarian village called Paloznak. For more info please visit <http://www.mesekozpont.hu>



A BOOK AND A THERAPEUTIC METHOD THAT HAS CHANGED MANY LIVES

Ildikó Boldizsár:

Fairytale Therapy – non-fiction, 368 pages

MAGVETŐ PUBLISHING, HUNGARY

Please find hereafter the description of a book and a therapeutic method.

The book is a very big success in Hungary and the method has changed many many lives for the better.



Independently from nationality, the Metamorphoses Fairytale Therapy Method works everywhere in the world:

it is well known from the study of folklore that the spiritual processes which create fairy tales are similar all over the world, just like the structure and patterns of folk tales also show a great deal of similarity everywhere on the globe. And this is exactly why fairy tales in any corner of the world can be summoned for help, with the method described in the “Fairytale Therapy” book. **WHAT IS FAIRYTALE THERAPY?**

Fairytale therapy is based on the concept that there is no life situation that does not have a fairytale equivalent. During the course of the therapy, the therapist and the patient find the fairy tale with the best fit for the given situation. The process of therapy then leads them to investigate the reasons for the patient failing to overcome the obstacles in his path.

How can we overcome our own limitations and fears?
How can we find solutions in unbalanced situations?
How can we find our true partner?
How will we recognise our trusty magic steed and with what weapon can we slay the dragon?
Where can we find the water of life and how do we get there?
What lies beyond the Glass Mountain?
Fairy tales ask all these questions and, of course, many more.
These are all motifs and “life problems” that we meet in our everyday lives and not in a symbolic but in a very concrete form.

A book about how Fairy tales offer us the opportunity to change everything that fails to work properly in the real world.

A METHOD FOR EVERYONE

Fairytale Therapy – a method that works in any corner of the world

Fairytale Therapy can be applied in every culture where there are tales – and tales can be found everywhere.

The Author did not create the Fairytale Therapy Method based on Hungarian folk tales: instead, her starting point was the fact – well known from the study of folklore – that the spiritual processes which create fairy tales are similar all over the world, just like the structure and patterns of folk tales also show a great deal of similarity everywhere on the globe. And this is exactly why fairy tales in any corner of the world can be summoned for help, with the method described in the “Fairytale Therapy” book.

Whenever a foreign citizen attends Fairytale Therapy sessions, the therapist needs to be familiar with the tales told in the client’s country, but the ultimate helping story will not necessarily be one of those. Experience shows that fairy tales told in other countries might often be the ones which will lead to complete healing since they allow the client to look at his or her problem from an entirely new angle.

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