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## **Navigating the Complexities of Human Psyche in Paul Harding's Novels**

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### **Abstract**

Paul Harding is a contemporary American novelist who won Pulitzer Prize for his debut *Tinkers* in 2010. He, through his literary works, delves into the ultimate depths of human consciousness with exceptional subtlety and grace. He has used his own interest of analyzing different situations of common man in different stages of life. His novels, *Tinkers* (2009), *Enon* (2013), and *This Other Eden* (2023) are not linear narratives but they are meditative and psychological explorations of time, memory, suffering, repentance, hopelessness and transformation. He has touched various aspects and life's complexities with the psychological background. His novel *Tinkers* explores the changing psychological concept of the main character towards the meaning of life as the time travels. The present study examines the psychological dimensions of Harding's fiction, focusing on how he portrays fragmented consciousness, trauma, and the human desire for meaning of human efforts. His novels like *Tinkers and Enon* are fully dominated with the psychological process and stream of consciousness involving the memories of different stages of life. The research paper draws upon psychological and phenomenological theories. It also puts Paul Harding's prose within the dominant tradition of introspection in modern era. The research paper identifies Paul Harding's unique approach to human mental disintegration and spiritual healing.

### **Introduction**

Paul Harding's literary world clearly seems to be an intricate web of perception, memory, and mortality with time's journey. It reflects both worldly identities with all facilities, pleasure and luxuries of life as well as the desires to achieve spiritual satisfaction. His novels are not just the description of the worldly attainments which a common person tries to have throughout his life but they are full of psychological perceptions towards the worldly pleasure, achievements, satisfying their moral and spiritual desires. His protagonists George, Crosby in *Tinkers*, Charlie Crosby in *Enon*, and

the inhabitants of Apple Island in *This Other Eden*, go through the long and deep psychological journey. They travel the delicate wide-spread terrain of human psychology where their worldly identity and consciousness are in constant fluctuation. The novel *Tinkers* explores the various aspects of a life which most of the persons go through to create an identity. As a young boy, grown up man with full-flagged family and as an old man when his strength weakens and his identity begins to fade up, the main character George Crosby analyses the activities which he had passed his life for. He also realises whether they were really precious or mere the trifles. As a contemporary American writer, Paul Harding inherits the psychological realism of great writers such as William Faulkner, Virginia Woolf, and Marilynne Robinson, yet he infuses it with his distinctive metaphysical sensibility. This metaphysical sensibility or spirituality makes his writing interesting for intellectual readers from the different corners of the world because the intellectuality of human beings never satisfies without spirituality. His writing dwells not on external events of worldly life but on the internal landscapes of his characters' minds, exploring how individuals experience loss, guilt, and grace. It also explores that the meaning of life changes as the time travels from the childhood to the ultimate fortune of human life.

The psychological journey in Paul Harding's novels is not simply an inward retreat but it is an existential pilgrimage that oscillates between despair and revelation. It encompasses the psychological understanding of the achievements to create a worldly identity and the realisation that these achievements are just trifles. This creates the despair in the heart of a man who spent all his life to achieve the less important things and then he realises the true meaning of life and the real worth of spirituality. Through the relationship of memory of his past, time travel, and mortality, Harding drive to investigate how the human psyche strives to settle the finite nature of existence along with the infinite capacity for imagination and understanding.

### **The Fragmented Psyche and the Nature of Memory**

One of the dominant factors which create the complexity of human psyche in the novels of Paul Harding is the fragmented psyche and jumbling memories. In *Tinkers*, the protagonist George Crosby, on his deathbed some days before his death, experiences a cascade of memories that make an amalgam of the past and present, reality and hallucination. He remembers his past events through his life's history but not in a sequence. He in his imaginations goes to one event of his old age and after sometime he goes to his childhood. This is a complex process of looking back a fragmented psychological story which requires the deep and broad concentration of readers. The novel's stream-of-consciousness narrative recalls the workings of the unconscious mind, where memories come to the surface unpredictably and uncontrollably, like fragments of dreams. The way in which George Crosby recollects the memories from the life long journey, shows that Harding is master to employ a mosaic structure that mirrors the fragmentation of memory itself. Many times, it creates the diversion in the stream of consciousness in the novels.

In the novel *Tinkers*, George Crosby's father Howard was a tinker who abandoned his family because of his mental problem. The recollections of his father and his life's events drive the story and become a medium of psychological blend of memories of present, past and spirituality. In the novel, the largest part covers the memories and the various emotions caused by them. Sometimes he satisfies his worldly desires to see them as his achievements but on the other hand, he becomes restlessness with the repentance caused by his introspection. This act of remembering his past life is both painful and redemptive. In Freudian terms, George Crosby's mind performs a process of *working through*. And this is an attempt to integrate traumatic experiences of his old age into coherent self-understanding. The fluctuation between lucidity and confusion reflects the instability of the dying mind. It also

creates the fragmentation arousing complexity in the psychological journey. This reveals Paul Harding's nuanced depiction of psychological dissolution as a form of spiritual transcendence. As a thoughtful and intellectual mind, Paul Harding never satisfies without taking the psychological journey towards the spiritual end.

The writing style of Paul Harding's novels is full of memories in psychological isolation and metaphysical imagery. He is master to transform the act of man's memories into a psychological analysis and introspection. In describing past life, the surging mind's disintegration of thoughts creates complexity beauty of language. It suggests that the collapse of reason may lead to a higher awareness. It is a theme echoing with Jungian individuation, where the mind integrates its shadow to achieve wholeness spiritually.

### **Psychological Depth and Narrative Technique**

Paul Harding's narrative style is central point to his psychological exploration in his novels. He in his novels frequently employs non-linear structures with fragmented memories, and changing perspectives to reflect the unlimited workings of the human mind. In *Tinkers*, the narrative moves freely between past memories and present imaginations. There are consciousness and recollection, suggesting that psychological reality is shaped by memory rather than chronology. This popular technique of Paul Harding aligns with modernist traditions while it also remains distinctly lyrical and meditative.

Interior monologue running in the character's mind plays a crucial role in revealing the emotional states of Harding's sentimental characters. In the stream of consciousness, there are silence, pauses, and descriptive passages often replacing the dialogue, and they emphasize introspection over social interaction of the character. Nature imagery further reflects psychological states, as landscapes become extensions of inner experience. Through these techniques, Harding transforms the novel into the depth of psychological contemplation.

### **Grief and the Collapse of the Self in *Enon***

Paul Harding's novel *Tinkers* explores the mind's settlement with death along with the memories of the past, while the other novel *Enon* confronts the psychological destruction of long-lasting grief and sorrow. Charlie Crosby, George's grandson, had to face sorrowful death of his daughter Kate. He is deeply hurt with the incident and spirals into addiction and despair following the death of his daughter. He remains indulged into the deep depression and frustration with the act of the destiny. It seems very difficult for Charlie to overcome the psychological problem. In the novel Harding has portrayed the mourning of his character sentimentality. The study of the novel reveals either Paul Harding had gone through the minute and deep study of depression and dissociation or he has faced the sorrowful situation of depression and dissociation. The novelist has touched every bit of the situation with the real sentimental effect which makes readers feel the situation in their core of heart.

The narrative of Harding's *Enon* unfolds the technique of an internal monologue which is saturated with guilt, hallucination, and existential yearning of the character. Charlie's psyche becomes an internal battlefield where his memory and delusion blur. The memories of his daughter never let him come out of his imagination and stream of consciousness. His inner soul does not accept her death and wants her to be alive. His attempts to reconstruct Kate through imagination represent both a coping mechanism and a descent into psychosis. In the novel, a reader experiences the cyclical temporal structure which moves back and forth through recollection of the past events and his empty

imaginations. The style of writing symbolizes the stagnation of trauma continuously, where the past perpetually interrupts the present. It turns so complicated because neither the past can turn to the reality nor it can be wiped out of his imaginations.

Here in the novel, psychologically, Charlie's journey proves to be the best example of the Freudian concept of *melancholia*, in which the ego of a person identifies with the lost object, and it internalizes the grief as self-destruction. Yet Paul Harding fills this bleakness of sorrow and dissociation with transcendence. In this way through language, nature, and the faint echo of love, Charlie glimpses fragments of healing. In this novel, Paul Harding shows the bitterness of the life as well as the way of healing it in a bit-by-bit process. The novel *Enon* thus becomes a true testament to the human emotional capacity to face and endure psychic fracture which finally reaches toward meaning of life.

### **Collective Consciousness and the Burden of History in *This Other Eden***

Paul Harding has a wide range of psychological concepts in his two novels-*Tinkers* and *Enon*, he has represented the individual psychology of his character throughout novel from the very beginning to its end. But in *This Other Eden*, Harding broadens his psychological focus from and he takes it from the individual to the collective psyche. Inspired by the historical community of Malaga Island, Maine, he through the novel examines how memory and trauma activate and transfer across generations and racial identities. In this novel he proves that the psychological impacts run not only the family members generation to generation but also run on the people belonging to the same caste or community. The islanders' struggle for dignity against systemic erasure reveals a collective consciousness of people haunted by displacement and marginalization. Their thinking and the way of taking the things, make them same in the psychological background.

Harding has a narrative structure of the psychological novel including lyrical, elliptical, and polyphonic forms. All these components reflect the interwoven minds of his characters whether these are family members or the members of a community. Each consciousness, whether that of Esther Honey, Ethan Honey or Zachary Hand in the novel of *This Other Edan*, contributes to a shared psychic tapestry shaped by history and loss which they collectively face. The psychological complexity of the novel is vividly reflected in its portrayal of inherited trauma in the way in which memory lingers in landscapes, names, and silence.

This is the art of his writing that he denotes the psychological impacts individually as well as the collectively. By situating individual suffering within collective history, Harding articulates a form of psychological realism that transcends the personal. His characters' inner lives become vessels of moral and spiritual resistance, suggesting that psychological survival is inseparable from the preservation of communal identity. Having the same impact of psychological sufferings on individuals in a community reflects it collectively.

### **The Metaphysics of the Mind: Time, Death, and Transcendence**

In the novels of Harding, he does not bound to only the worldly problems and psychological problems and their impact on their characters' mind but with a wide range of his writing, he goes out of boundaries. His psychological concept encompasses the wide area of human thoughts and imaginations. His characters go to the long past, stays in present and enter the future not only in the life but also beyond the life. Paul Harding has profound understanding about the spirituality and the existence of life which is reflected in the psychology of his characters in his novels. The psychological form of novel turns to the metaphysics and makes it complicated and obscured

mingling the things after life. He tries to find the spiritual satisfaction by reaching the points of time, death, and transcendence.

Going into the psychological depth of Harding's writings, you will find that in Harding's novels, time functions not as a single linear progression but as a metaphysical dimension of consciousness. The human psyche, in Harding's vision, exists simultaneously in multiple temporalities and dimensions. This whole concept of human psyche in the novels of Harding encompasses the past facts he remembers, the moral and spiritual elements he imagines, and the desires to take action immediately. This perception goes parallel with phenomenological theories of time which was derived by popular writers Maurice Merleau-Ponty and Edmund Husserl. In this given understanding, consciousness composes time through character's intentional experience.

In search of meaning, death seems to be the ultimate boundary of the human psyche. In the novels of Harding, it becomes for him a portal to understanding and comparing the worldly achievements and meaning. He wants to dive into the deep thoughts and imaginations in the ideas of life and deaths spiritually. In his novels, especially *Tinkers*, and *Enon*, his characters' meet with mortality and try to seek the reality and ultimate truth of life. In *Tinkers*, George's dying visions puts together with the possessions and relations of the natural world. In *Enon*, grief of the main character transforms into a meditation on the mortality and impermanence of life. And in *This Other Eden*, collective suffering comes to an end as a transcendent affirmation of human sufferings.

It is reflected in the characters of his novels that the perception of Harding is thus spiritual as well as psychological. The psyche in his novels is portrayed not as an isolated entity of worldly possessions but as an integral part of the natural and moral order. It is a notion resonating with Emersonian transcendentalism and modern ecological consciousness together.

## **Conclusion**

Paul Harding's novels clearly show the broad and complicated architecture of the human psyche. And this psychological architecture includes memory, time, and consciousness as their different parts but in intertwined form in a continuous movement. His characters are seemed to be trapped between the finite and the infinite, present and past. They become the symbol of the struggle for coherence various worldly and spiritual aspects in the middle of fragmentation of consciousness. Through descriptive language and non-linear psychological journey, Harding transforms even the deep psychological pain and suffering into artistic exposure.

After traveling through the complexities of the human psyche in Paul Harding's fiction, it comes apparently to the surface that his characters' psychological perception has both shortcomings as well as wonderful approach. The search reveals not only the shortcoming of human perception but also its profound capacity for wonder. Thus, Harding's literary work goes beyond psychological realism in search of meaning. It metaphysically explores of memories, sufferings, pain, mortality on the ground of spirituality.

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