

MEETING THE SHADOW

The Hidden Power of the
Dark Side of Human Nature

C O N T E N T S

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Deena Metzger • Robert Jay Lifton • Hal Stone

Ernest Becker • Adolf Guggenbühl-Craig... *and more*

Edited by Connie Zweig and Jeremiah Abrams



Connie Zweig

Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature



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The author offers exploration of self and practical guidance coping with the dark side of personality predicated on Jung's concept of "shadow," or the forbidden and unacceptable feelings and behaviors each of us experience.



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Can't put it straight down! I am nearly finished with this book. how to understand it, understand it, and integrate it, this book is the best you will discover. Deeply concealed and unconscious to us. described *that* book Store Advantage Books & I've browse most of Jung's work ok the Shadow and it's really fantastic but, like with most of Jung's work, it isn't the easiest to grasp (at least, not really until a few reads). easy to understand, plainly articulated and well formatted into sections which make it easy to shift from topic to topic, without getting dropped. Books & As a person who has had to get a lot of occupational therapy for significant reading issues, I value the authors sharp writing ability!! Superior subject material AND superiorly written makes this publication a FIVE STARS in my globe, and that from me, is quite rare! Yea, though We walk through the valley of the shadow.. You will want to take a look? You can easily say, 'I will dread no evil.' It is in this feeling Carl Jung was recognized to say, 'I would prefer to be whole than great. This cloying 'evil' is normally too mysterious, as well close-up and immediate, as well unavoidable, too much certainly a function of our very own hidden internal selves-- the shadow. The shadow-self knows-- however the ordinariness of our day to day ego-self, as in 'this is certainly who I am', often mostly will not know, does not want to know, and will go to great lengths to keep the scary secret ugly parts of our selves concealed. It is intriguing. Therefore deeply hidden we are generally unaware of the malevolent imps that live within us all.' Of program, Jung knew there could not be real goodness without actual wholeness. Five Stars Came found in great condition. As a minister, I am categorised as upon to help people through the "dark night of the soul" which book has referenced a lot of things useful in counseling. The Self, in Jungian terminology, is the entire of us-- conscious AND unconscious. It's easy to see the faults in others and it's easy to suppress those very same faults within ourselves.' Nonetheless it isn't always very easy to do. Denying the less appealing aspect of who and what we are is definitely itself an example of the shadow carrying out its number on us. This great anthology is a assortment of what several 'experts' have had to state about the way we become fragmented in the first place, the way the shadow forms and accumulates its baggage, and they tell us a few of the ways we can work toward the unification of both conscious self we believe ourselves to be and the unconscious suppressed rejected shadow, often less desirable elements of who we really are. Any insights and gains we are able to make in this regard is the beginning of a more peaceful fulfilled better 'personal' and the automatic dropping aside of depressions, addictions, rage and those hidden shadow parts that now block us from our greatest potential. Five Stars amazing examine. The Self wants and always functions toward harmonious unification of our whole selves, our 'wholeness. An absolute gem This may be the best book on the Shadow out there.. Classic book on an essential (Jungian) mental principle that plays a very strong role in human being relations This is a classic book on a very important (Jungian) psychological principle that plays an extremely strong role in human relations, both in how it involves be (parental and adult suppression of children's energies), and how exactly we perceive others, and are perceived by them, in addition to how we interact. It REALLY explains a lot. It is a compilation of perfectly written essays in ordinary English by very intelligent people. Real insight can be enormously freeing and curing. This book is very well crafted; The chapters by Miller, Jung, Bly, May, and Becker are the best. If you're curious to learn more about your darker aspect; I have not been capable to place it down, which for me, is rare! Discs explanation of the reserve condition sensed like they actually viewed it & Jung may be the man Enjoying it slowly. A truly insightful read. The topic matter could easily become convoluted and complicated, but the authors have created this in a manner that makes this somewhat probably complex subject, extremely simplified and comprehensible. . Not only, do I discover the subject matter of Jung's theory of 'The Shadow,' captivating, illuminating and inspiring, but I must give huge credit specifically to the authors for providing it in a manner that makes it understandable. Discs explanation of the publication condition experienced like they actually looked at it & explained *that* book, not really a general classification of condition. Cost and shipped out time were great - awesome seller. Connie Zwieg thoroughly compiled a whole lot of great insight from many sources in that one and presents it to create it actionable. I haven't completed it, but I'm eager thanks to her work. Nice Collection We found this to be a nice collection of different author's perspective on Jungian concepts. Good info occasionally - nothing revolutionary - but general worth the read. Great depth I came across this book very in-depth with many authors weighing in on this fascinating topic. It often contains a lot of value that we are blocking out of mindful awareness, therefore we reject an excellent gift the psyche really wants to present. This book is a gold mine of hidden information for ... The dark shadow,

which everyone is hiding. This book is a gold mine of hidden information for anybody interested in digging in to the shadow of the human consciousness. It offers much to explore and contemplate. Hitler was a good example of identification imposing the idea drilling like guy is a worm in the universe looking for political rocks off in Reich's look at of the dynamic of evil. It could be a typical shadow a reaction to think to oneself, well, this may all be good for all those idiots and nut-jobs out there-- they certainly aren't playing with a full deck, they actually need a whole lot of help... as worms in a big universe Anthologies impress me personally most when Ernest Becker is selected for his evaluation of Otto Rank, Jung, and Wilhelm Reich seeing that early supporters of Freud who broke with Freud but agreed with each other on the purchase of magnitude of evil that collective mentalities impose upon our lives. But the shadow is certainly not all bad. Really good go through and insight on the shadow Five Stars Great read



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