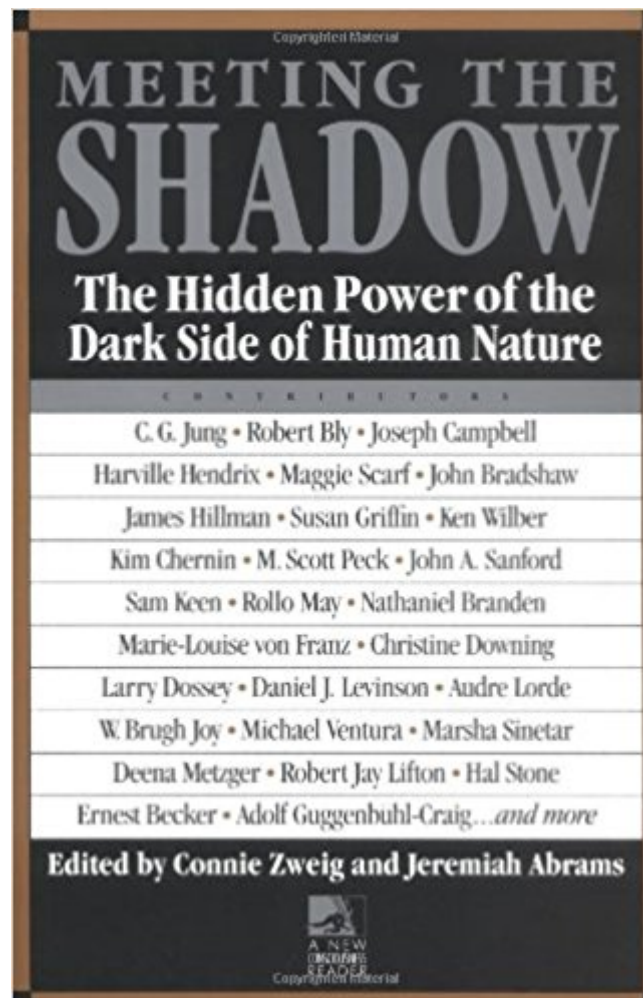




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# Meeting The Shadow: The Hidden Power Of The Dark Side Of Human Nature



## Synopsis

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

## Book Information

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## Customer Reviews

Zweig, former executive editor of Brain/Mind Bulletin, and Abrams, a Jungian therapist, offer a provocative collection of more than 60 brief pieces (most of them extracts from longer works) exploring the "shadow," the part of the unconscious self that a conscious mind sees as undesirable and tries to define as the "other." Christine Downing considers how a person might project the shadow self onto a same-sex sibling, while Maggie Scarf describes the ways in which husbands and wives can do the same thing: one spouse, for instance, expressing anger for the spouse who shuns the hostile feelings, turning an "intrapsychic problem" into "interpersonal conflict." Jerome S. Bernstein looks at this phenomenon in collective terms: the U.S. sees its darker self in the Soviet Union and vice versa. Many of the contributors note the dangers of ignoring one's own shadow, and the volume concludes with texts that discuss ways of coming to terms with it. Ken Wilber suggests that people should try to recognize and play out aspects of their rejected selves in order to heal "the split between persona and cap is correct/pk Shadow." Copyright 1991 Reed Business Information, Inc.

Connie Zweig, Ph.D., is a Jungian-oriented counselor and non-denominational minister in Los Angeles. She is the coauthor of the bestselling *Meeting the Shadow* and *Romancing the Shadow*. She has taught nationwide about human spirituality, religious abuse and disillusionment, and shadow-work. Jeremiah Abrams has worked for the past twenty years as a Jungian therapist, dream analyst, writer, counselor, and consultant. He is currently the director of the Mount Vision Institute, a Center for Individuation, in Sausalito, California. He lives with his wife and two children in Northern California. He is author of the collected volume *Reclaiming the Inner Child*.

I am almost finished with this book. I have not been able to put it down, which for me, is rare! It is intriguing. Not only, do I find the subject matter of Jung's theory of 'The Shadow,' captivating, illuminating and inspiring, but I must give huge credit especially to the authors for delivering it in a way that makes it understandable. This book is very well written; easy to understand, plainly articulated and well formatted into sections that make it easy to shift from topic to topic, without getting lost. The subject matter could easily be convoluted and complicated, but the authors have written this in a way that makes this somewhat perhaps complex subject, very simplified and comprehensible. As a person who has had to have a lot of occupational therapy for serious reading issues, I appreciate the authors sharp writing ability!! Superior subject matter AND superiorly written makes this book a FIVE STARS in my world, and that from me, is VERY rare!

This is a classic book on a very important (Jungian) psychological principle that plays a very strong role in human relations, both in how it comes to be (parental and adult suppression of children's energies), and how we perceive others, and are perceived by them, as well as how we interact. It REALLY explains a lot. It is a compilation of very well written essays in plain English by very smart people.

I found this book very in-depth with many authors weighing in on this fascinating topic. As a minister, I am often called upon to help people through the "dark night of the soul" and this book has referenced many things useful in counseling.

If you want to live in this world with eyes wide open, then everyone should read this book! This book will provide insights into your world and yourself, and explain the truths you need to hear even though you are often afraid to hear them.

The book is a series of articles written by different people. So, of course, some are better than others. I was certain that I would want to reread some of the book, so I gave each article a grade, from A to C (there were no D's or F's. There were some articles that simply weren't relevant to my area of interest, so I gave them an N/R.) Average grade was probably a B+ (my main criterion was: did this article make me think?) There were a fair number of A+'s. If you have any interest in the topic, this book is worth a read. Especially since you can probably tell after a few paragraphs if the article is of interest, and you can just skip it if you want. I didn't know much about Jung when I bought the book. People who know a lot about him might find the book to be just too much review, but there were a lot of really bright people who contributed, so at the very least you will get a broad spectrum of perspectives.

Amazing book to promote introspection. I highly recommend

Good introductory book on shadow.

This book is a gold mine of hidden information for anyone interested in digging into the shadow of the human consciousness. The dark shadow, which everyone is hiding.

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