

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

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Meeting The Shadow The Hidden

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

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shadow-work. Jeremiah Abrams has worked for the past twenty years as a Jungian therapist, dream analyst, writer, counselor, and consultant.

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Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature. (with Jeremiah Abrams) has sold more than 100,000 copies. This best-selling collection of essays by experts explores the shadow in families, relationships, sex, work, spirituality, politics, creativity, and more. It offers the tools for achieving a more genuine self-acceptance, defusing negative emotions, recognizing projections, and healing relationships.

Meeting the Shadow | Dr. Connie Zweig on The Inner Work of Age

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These forbidden feelings and behaviours arise from the dark, denied part of ourselves - the personal shadow. In a collection of 65 wide-ranging articles, Meeting the Shadow presents an overview of the dark side of human nature as it appears in families, intimate relationships, sexuality, work, spirituality, the New Age, politics, psychotherapy, and creativity.

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Meeting the Shadow of Spirituality: The Hidden Power of Darkness on the Path. "I do not seek to follow in the footsteps of the men of old; I seek the things they sought." —Basho. In every tradition, saints and poets speak of the soul's search for the beloved, the seeker's yearning for the divine.

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Meeting the Shadow of Spirituality: The Hidden Power of ...

(Connie Zweig, Meeting the Shadow) While Jung is known for bringing the concept of the shadow to public awareness in the modern day, this aspect of ourselves has long been recognized as a ubiquitous feature of human beings. In 1886, before Jung made his mark, Robert Louis Stevenson created the now famous story of Dr. Jekyll and Mr. Hyde.

Carl Jung and the Shadow: The Hidden Power of Our Dark Side

Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature Edited by Connie Zweig, Jeremiah Abrams 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.

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In Jungian psychology, the " shadow ", " id ", or " shadow aspect/archetype " may refer to (1) an unconscious aspect of the personality which the conscious ego does not identify in itself, or (2) the

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entirety of the unconscious, i.e., everything of which a person is not fully conscious. In short, the shadow is the unknown side.

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