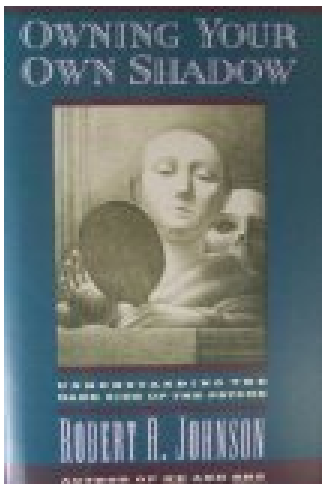


# [PDF] Owing Your Own Shadow: Understanding The Dark Side Of The Psyche

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#### Books Details:

Title: Owing Your Own Shadow: Under

Author: Robert A. Johnson

Released: 1991-12-01

Language:

Pages: 128

ISBN: 0062504223

ISBN13: 978-0062504227

ASIN: 0062504223

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#### Description:

**From Library Journal** The shadow in Jungian psychology is the unconscious dumping ground for undesirable characteristics of personality. "Owning" the shadow--accepting it as part of one's self--is seen as the first step toward wholeness. Using examples from history, mythology, and religion, Johnson, author of *Inner Work* ( LJ 7/86) and *Transformation* ( LJ 8/91), offers a tour of the shadow, showing its origin and features, and demonstrating how and why it bursts into consciousness when least expected. Returning to the subject of his earlier work *We* ( LJ 2/1/84), the author reveals how

experience of romantic love may lead to awareness of both positive and negative aspects of the shadow, and how integrating the shadow into one's personality can be a challenging religious experience. This clearly written, thought-provoking work is recommended for academic and public libraries.

- *Lucille Boone, San Jose P.L., Cal.*

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### **About the Author**

Robert A. Johnson, a noted lecturer and Jungian analyst, is also the author of *He, She, We, Inner Work, Ecstasy, Transformation, and Owning Your Own Shadow*.

--This text refers to the edition.

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Read *Owning Your Own Shadow* by Robert A. Johnson with a free trial. Read unlimited\* books and audiobooks on the web, iPad, iPhone and Android. Understand the dark side of your psyche—a Jungian approach to transformative self-acceptance. We all have shadows—the unlit part of our ego that is hidden and never goes away, but merely—and often painfully—turns up in unexpected places. This powerful work from the acclaimed Jungian analyst and bestselling author of *Inner Work* and *We* explores our need to “own” our own shadow: learn what it is, how it originates, and how it impacts our daily lives. It is only when we accept and honor the shadow within us that we can channel its energy in a positive way and find balance. Exploring our need to “own” our own shadow, this book guides the reader through an exploration of the shadow - what it is, how it originates and how it interacts and is made through the process of acculturation. The author argues that until we have undertaken the task of accepting and honouring the shadow within us, we cannot be balanced or whole, for what is hidden never goes away, but merely - and often painfully - turns up in unexpected places. Robert A. Johnson is the author of "Inner Work", "Ecstasy" and "Transformations". Dark side of the psyche. Robert a. johnson author of. He. *Owning Your Own Shadow* book. Read 242 reviews from the world's largest community for readers. This powerful work from the acclaimed Jungian analyst and b... Goodreads helps you keep track of books you want to read. Start by marking *Owning Your Own Shadow: Understanding the Dark Side of the Psyche* as Want to Read: Want to Read saving | Want to Read.