



Owning Your Own Shadow: Understanding the Dark Side of the Psyche

By Robert A. Johnson

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A bestselling author shows how we can reclaim and make peace with the "shadow" side of our personality.

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Editorial Review

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*.

Users Review

From reader reviews:

Donald Kelley:

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