



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 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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Editorial Review

From Publishers Weekly

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."

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About the Author

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**.

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