



Aceptar la sombra del inconsciente (Coleccion Psicologia) (Spanish Edition)

Robert A. Johnson

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Este extraordinario libro analiza la sombra, ese curioso y oscuro bagaje de pensamientos rechazados que nos persigue y acosa de forma implacable, esa parte oculta de nosotros mismos que no conseguimos ver o conocer. Aceptar y hacer honor a nuestra propia sombra es una importante mision, pues gracias a ello se desarrolla la consciencia y se alcanza la plenitud. Para equilibrar nuestro rigido adoctrinamiento cultural, necesitamos trabajar la sombra a diario. La evolucion de la conciencia requiere que, si realmente deseamos que algun dia la humanidad conozca una Nueva Era, integremos la sombra del inconsciente. / The shadow in Jungian psychology is the unconscious dumping ground for undesirable characteristics of personality. ""Owning"" the shadow is seen as the first step toward wholeness. Using examples from history, mythology, and religion, Johnson offers a tour of the shadow, showing its origin and features, and demonstrating how and why it bursts into consciousness when least expected.



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