

## Owning Your Own Shadow Robert Johnson

Transformation  
Hauntings - Dispelling the Ghosts Who Run Our Lives [Paperback]  
A Little Book on the Human Shadow  
Seeking Wholeness  
Meeting the Shadow  
She Ecstasy  
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Living an Examined Life  
Don't Throw Away Tomorrow  
Your Golden Shadow  
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How to Memorize Anything  
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### Transformation

Robert A. Johnson's groundbreaking, brilliant, and insightful work on how women transition into being mature and developing their own identity—newly reissued. What does it mean to be a woman? What is the pathway to mature femininity? And what of the masculine components of a woman's personality? Many scholars and writers have long considered that the ancient myth of Amor and Psyche is really the story of a woman's task of becoming whole, complete, and individuated. Here, examining this ancient story in depth and lighting up the details, Robert A. Johnson has produced an arresting and perceptive exploration of what it means to become a woman. You will not read these pages without understanding the important women in your life and a good deal about yourself as a woman. More important than ever before, She offers a compelling study of women.

### Hauntings - Dispelling the Ghosts Who Run Our Lives [Paperback]

Beneath the social mask we wear every day, we have a hidden shadow side: an impulsive, wounded, sad, or isolated part that we generally try to ignore, but which can erupt in hurtful ways. As therapists Connie Zweig and Steve Wolf show in this landmark book, the shadow can actually be a source of emotional richness and vitality, and acknowledging it can be a pathway to healing and an authentic life. "Romancing the shadow"--meeting your dark side, beginning to understand its unconscious messages, and learning to use its powerful energies in productive ways--is the challenging and exciting soul work that Zweig and Wolf offer in this practical, rewarding guide. Drawing on the timeless teachings of Carl Jung and compelling stories from their clinical practices, Zweig and Wolf reveal how the shadow guides your choices in love, sex, marriage, friendship, work, and family life. With their innovative method, you can uncover the unique patterns and purpose of your shadow and learn to defuse negative emotions; reclaim forbidden or lost feelings; achieve greater self-acceptance; heal betrayal; reimagine and re-create relationships; cultivate compassion for others; renew creative expressions; and find purpose in your suffering. The shadow knows why good people sometimes do bad things. Romancing the shadow and learning to read the messages it encodes in daily life can deepen your consciousness, imagination, and soul. From

the Trade Paperback edition.

## **A Little Book on the Human Shadow**

How do you define “growing up”? Does it mean you achieve certain cultural benchmarks—a steady income, paying taxes, marriage, and children? Or does it mean leaving behind the expectations of others and growing into the person you were meant to be? If you find yourself in a career, place, relationship, or crisis you never foresaw and that seems at odds with your beliefs about who you are, it means your soul is calling on you to reexamine your path. With *Living an Examined Life*, James Hollis offers an essential guidebook for anyone at a crossroads in life. Here this acclaimed author guides you through 21 areas for self-inquiry and growth—such as how to exorcise the ghosts of your past, when to choose meaning over happiness, how to construct a mature spirituality, and how to seize permission to be who you really are. With his trademark eloquence and insight, Dr. Hollis offers a potent resource you’ll return to time and again to energize and inspire you on your journey to create a life of personal authority, integrity, and fulfillment.

## **Seeking Wholeness**

## **Meeting the Shadow**

The path to spiritual development, or the “walk of life,” is not a race, but a deliberate stroll. *Shadow Work: A New Guide to Spiritual and Psychological Growth* tells readers what they will need to pack in order to make this journey and win the battle with the “shadow.”

## **She**

## **Ecstasy**

## **Contentment**

The companion to the bestseller *Back to Basics* for country, urban, and suburban folks—now fully updated! Who doesn’t want to shrink their carbon footprint, save money, and eat homegrown food whenever possible? Even readers who are very much on the grid will embrace this large, fully illustrated guide on the basics of living the good, clean life. It’s written with country lovers in mind—even those who currently live in the city. Whether you live in the city, the suburbs, or even the wilderness, there is plenty you can do to improve your life from a green perspective. Got sunlight? Start container gardening. With a few plants, fresh tomato sauce is a real option with your own homegrown fresh tomatoes. Reduce electricity use by eating dinner by candlelight (using homemade candles, of course). Learn to use rainwater to augment water supplies. Make your own soap and hand lotion. Consider keeping chickens for the eggs. From what to eat to

supporting sustainable restaurants to avoiding dry cleaning, this book offers information on anything a homesteader needs—and more.

## **Why Good People Do Bad Things**

Play From Your Fucking Heart offers absolutely no new wisdom whatsoever. In fact, it could be called an eco book, as its entire contents are recycled. Indeed, it is written with the stated belief that there is no new wisdom, that in fact the experience a reader has whenever they read something and go "Oh wow, that's really deep," is one of already knowing, of a part of themselves that was already there waking up to an eternal collective truth.

## **Overcoming Bias**

Provides an illuminating explanation of the origins and meaning of romantic love and shows how a proper understanding of its psychological dynamics can revitalize our most important relationships.

## **Trapped in the Mirror**

Control, Conquer, and Prevail! Everybody's biased. The truth is, we all harbor unconscious assumptions that can get in the way of our good intentions and keep us from building authentic relationships with people different from ourselves. Tiffany Jana and Matthew Freeman use vivid stories and fun (yes, fun!) exercises and activities to help us reflect on our personal experiences and uncover how our hidden biases are formed. By becoming more self-aware, we can control knee-jerk reactions, conquer fears of the unknown, and prevail over closed-mindedness. In the end, Jana and Freeman's central message is that you are not the problem—but you can be the solution.

## **Homesteading**

In this compelling book, Elan Golomb identifies the crux of the emotional and psychological problems of millions of adults. Simply put, the children of narcissist—offspring of parents whose interest always towered above the most basic needs of their sons and daughters—share a common belief: They believe they do not have the right to exist. The difficulties experienced by adult children of narcissists can manifest themselves in many ways: for examples, physical self-loathing that takes form of overeating, anorexia, or bulimia; a self-destructive streak that causes poor job performance and rocky personal relationships; or a struggle with the self that is perpetuated in the adult's interaction with his or her own children. These dilemmas are both common and correctable, Dr. Golomb tells us. With an empathic blend of scholarship and case studies, along with her own personal narrative of her fight for self, Dr. Golomb plumbs the depths of this problem, revealing its mysterious hold on the affairs of otherwise bright, aware, motivated, and worthy people. Trapped in the Mirror explores the nature of the paralysis and lack of motivation so many adults feel stress and its role in exacerbating childhood wrongs why do many of our relationships seem to be "reruns" of the past how one's body image can be formed by faulty parenting how

anger must be acknowledge to be overcome and, most important, how even the most traumatized self can be healed. Rooted in a profoundly humanist traditional approach, and suffused with the benefit of the latest knowledge about intrafamily relationships, *Trapped in the Mirror* offers more than the average self-help book; it is truly the first self-heal book for millions.

## **Dark Gold**

Fifty years ago Robert H. Schuller founded a church on the idea that with faith, focus, and follow-through all of our dreams can become realities. A tireless advocate of this positive message, he built the Crystal Cathedral into one of America's most popular and beloved centers of worship. Dedicating his life to both his family and his ministry, Dr. Schuller has gone on to teach millions the power of belief. A gifted and moving storyteller, he now offers the wisdom he's gained over a lifetime of optimism and devotion. In this personal and inspirational book, Schuller shows us how the universal principles that have formed his life and his work can guide ours as well. Starting with the message of "Don't Throw Away Tomorrow!" this landmark book discusses powerful and universal ideals such as starting with optimism, choosing positive values, keeping focused, clearing the channels of communication, and—most important—looking to the Ultimate Authority. For fifty years Americans have been listening to Schuller's thoughtful guidance and have been inspired by his love of humanity and God. *Don't Throw Away Tomorrow* is a culmination of his wisdom, delivered directly to the reader—a tribute to the power of possibility thinking.

## **He**

With superb world building, gripping action, and ruthless political intrigue, *Black Light Express* delivers a breathtaking adventure into the darkest depths of space and is sure to please sci-fi fans and foes alike. At the edge of the Great Network, a small-time thief and an android girl ride aboard a sentient train. They hurtle toward the unknown, ready to see what lies beyond the end of the universe. But Zen Starling and Nova leave behind worlds on the brink of chaos. Old rulers are dead, and now young Threnody Noon sits precariously on the throne. Unrest spreads like a virus, a rival corporate family grows hungry for power, and the once tranquil Empire seems bound for railwar and ruin. Watching everything are the Guardians--the mysterious god-like AIs to whom people of the Network offer their prayers and praises. But even gods have secrets. Secrets the so-called benevolent deities would do anything to keep hidden deep within the farthest reaches of existence. Return to the exciting sci-fi world of Philip Reeve in this sequel to *Railhead*, which received three starred reviews and was praised by *Publishers Weekly* as a thrilling and imaginative escapade.

## **Living Your Unlived Life**

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

## **King, Warrior, Magician, Lover**

John Monbourquette provides the tools we need to rediscover our 'shadow' side, bringing it to light and using it for spiritual growth.

## **The Hidden Brain**

**Simple Gifts of Contentment** The forces of modern life urge us to achieve and acquire more, pushing us outward in our quest for contentment. World-renowned Jungian analyst Robert A. Johnson and psychotherapist Jerry M. Ruhl guide us inward, to a deep understanding of true, lasting happiness. Instead of relegating joy and satisfaction to another time, a different place, a better circumstance ("just as soon as I finish this project / land that perfect job / find a new relationship"), Johnson and Ruhl encourage us to negotiate and embrace "what is." Instructive and wise, this gentle guide contains all the tools we need—including illustrative stories, myths, poems, and practical exercises—to seize true contentment in the here and now.

## **Living an Examined Life**

The esteemed Jungian psychologist counsels on how to cope with feelings of failure or regret in the latter half of life and how to open to a more meaningful existence, even if outer circumstances cannot be changed. In *Living Your Unlived Life*, the renowned therapist Robert A. Johnson, writing with longtime collaborator and fellow Jungian psychologist Jerry M. Ruhl, offers a simple but transformative premise: Our abandoned, unrealized, or underdeveloped talents, when they are not fully integrated into our lives, can become profoundly troublesome in midlife, leading us to depression, suddenly hating our spouses, our jobs, or even our lives. When our unlived lives are brought to consciousness, however, they can become the fuel that can propel us beyond our limitations—even if our outer circumstances cannot always be visibly altered.

## **Don't Throw Away Tomorrow**

"Plato called it "daimon," the Romans "genius," the Christians "guardian angel"; today we use such terms as "heart," "spirit," and "soul." While philosophers and psychologists from Plato to Jung have studied and debated the fundamental essence of our individuality, our modern culture refuses to accept that a unique soul guides each of us from birth, shaping the course of our lives. In this extraordinary bestseller, James Hillman presents a brilliant vision of our selves, and an exciting approach to the mystery at the center of every life that asks, "What is it, in my heart, that I must do, be, and have? And why?" Drawing on the biographies of figures such as Ella Fitzgerald and Mohandas K. Gandhi, Hillman argues that character is fate, that there is more to each individual than can be explained by genetics and environment. The result is a reasoned and powerful road map to understanding our true nature and discovering an eye-opening array of choices—from the way we raise our children to our career paths to our social and personal commitments to achieving excellence in our time."--

## **Your Golden Shadow**

THE RENOWNED JUNGIAN PSYCHOLOGIST AND AUTHOR OF 'TRANSFORMATION' AND 'OWNING YOUR OWN SHADOW' BRINGS THE HIDDEN GIFT OF ECSTASY BACK INTO OUR LIVES. Robert A. Johnson has taken tens of thousands of readers on spiritual and psychological journeys

## **Owning Your Own Shadow**

Dark Gold: The Human Shadow and the Global Crisis endeavors to educate, challenge, and most importantly, inspire the reader to engage with the personal and collective shadow as a necessary first step in both individual and planetary healing. It emphasizes and elaborates on the abundant emotional and spiritual treasures that invariably issue from shadow exploration and transformation. Dark Gold challenges us to become courageous enough to be accountable and compassionate enough to love ourselves and the Earth community fiercely, even when we feel it will make no difference.

## **Bringing Your Shadow Out of the Dark**

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.

## **Romancing the Shadow**

From Robert A. Johnson, the bestselling author of Transformation, Owning Your Own Shadow, and the groundbreaking works He, She, and We, comes a practical four-step approach to using dreams and the imagination for a journey of inner transformation. In Inner Work, the renowned Jungian analyst offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience. A repackaged classic by a major name in the field, Robert Johnson's Inner Work enables us to find extraordinary strengths and resources in the hidden depths of our own subconscious.

## **Owning Your Own Shadow**

Robert Bly, renowned poet and author of the ground-breaking bestseller Iron John, mingles essay and verse to explore the Shadow -- the dark side of the human personality -- and the importance of confronting it.

## **How to Memorize Anything**

"Our shadow," teaches Robert Augustus Masters, "is our internal storehouse for the parts of us that we've disowned or rejected, or are otherwise keeping in the dark." Everyone has a shadow, but all too many of us are unaware of it. It holds the feelings and beliefs that we are most ashamed of or cannot accept about ourselves. For some, it may contain unacknowledged anger or grief. For others, pain or fear. Our shadow contains our unfaced conditioning. And the more unaware we are of our shadow, the more it influences and controls us. Based upon Masters's four decades as a psychospiritual therapist and guide, Bringing Your Shadow Out of

the Dark invites readers to understand and skillfully work with this rich yet neglected dimension of ourselves. With depth and clarity, he illuminates the process of meeting our shadow in beneficial ways, and how we can embody a more complete and life-giving experience of who we are. In this book you'll discover:

- The nature of our shadow and how to optimally work with it—exploring our conditioning and core shadow elements, including in the domains of shame, fear, aggression, resistance, addiction, death, and spirituality
- How to work with the child within, self-sabotage, narcissism, sexuality, dreams, and other matters deeply influenced by our shadow
- Why turning toward our pain is an essential part of shadow work—making wise use of our pain
- Collective shadow domains we share with family, social groups, political party, or nation—bringing them and their associated traumas into the light

When we uncover and work in-depth with our shadow, we free ourselves from its control and gain the opportunity to put its contents to work for us instead of allowing them to work against us. *Bringing Your Shadow Out of the Dark* shows us how to navigate the full terrain of our emotions, drives, needs, and depths of who we are. Foreword by Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*, *The Fear Cure*, and *The Anatomy of a Calling*.

## **How to Befriend Your Shadow**

Can we really memorize anything? The answer is, 'Yes we can!' From Guinness World Record holders (for conducting the largest maths class on memorizing times tables till 99) Aditi Singhal and Sudhir Singhal comes a book that will serve as a manual to explore the immense power of your memory through a scientific yet simple approach. It will:

- Explain concepts with simple illustrations
- While teaching you memory techniques, it will also discuss their application in real life, like memorizing appointments, presentations, names and faces, long answers, spellings, formulae, vocabulary, foreign languages and general information
- Give the scientific interpretation of ancient memory-enhancing practices that will be particularly useful for students, teachers, professors, doctors, managers, marketing and other professionals as well as the common man

Following the unparalleled success of *How to Become a Human Calculator*, Aditi Singhal and Sudhir Singhal turn their hands to helping you master the right method to input any information using which you can easily memorize anything and, more important, recall it whenever required.

## **Shadow Work Journal**

In 1946, Laura McAllan tries to adjust after moving with her husband and two children to an isolated cotton farm in the Mississippi Delta.

## **Mudbound**

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 accept our shadow, we cannot be balanced or whole.

## **Play From Your Fucking Heart**

Working with the Shadow is not working with evil, per se. It is working toward the possibility of greater wholeness. We will never experience healing until we can come to love our unlovable places, for they, too, ask love of us. How is it that good people do bad things? Why is our personal story and our societal history so bloody, so repetitive, so injurious to self and others? How do we make sense of the discrepancies between who we think we are—or who we show to the outside world—versus our everyday behaviors? Why are otherwise ordinary people driven to addictions and compulsions, whether alcohol, drugs, food, shopping, infidelity, or the Internet? Why are interpersonal relationships so often filled with strife? Exploring Jung's concept of the Shadow—the unconscious parts of our self that contradict the image of the self we hope to project--Why Good People Do Bad Things guides you through all the ways in which many of our seemingly unexplainable behaviors are manifestations of the Shadow. In addition to its presence in our personal lives, Hollis looks at the larger picture of the Shadow at work in our culture—from organized religion to the suffering and injustice that abounds in our modern world. Accepting and examining the Shadow as part of one's self, Hollis suggests, is the first step toward wholeness. Revealing a new way of understanding our darker selves, Hollis offers wisdom to help you to acquire a more conscious conduct of your life and bring a new level of awareness to your daily actions and choices.

## **She**

Explains how to develop the positive traits of the "shadow self" introduced in the author's "Make Friends with Your Shadow" by building self-confidence and taking risks toward a more fulfilling and constructive life

## **Inner Work**

The bestselling, widely heralded, Jungian introduction to the psychological foundation of a mature, authentic, and revitalized masculinity. Redefining age-old concepts of masculinity, Jungian analysts Robert Moore and Douglas Gillette make the argument that mature masculinity is not abusive or domineering, but generative, creative, and empowering of the self and others. Moore and Gillette clearly define the four mature male archetypes that stand out through myth and literature across history: the king (the energy of just and creative ordering), the warrior (the energy of aggressive but nonviolent action), the magician (the energy of initiation and transformation), and the lover (the energy that connects one to others and the world), as well as the four immature patterns that interfere with masculine potential (divine child, oedipal child, trickster and hero). King, Warrior, Magician, Lover is an exploratory journey that will help men and women reimagine and deepen their understanding of the masculine psyche.

## **Black Light Express**

Don't let your Subconscious Control You! I created this journal for myself to face my shadow. The journal uses activities and guided meditations as I find that is the

easiest way to tap into the unconscious. I also wanted to enjoy the discovery process so I kept it simple and even lighthearted at parts. And it worked. I use this program at least once a year to explore the issues that trouble me. Each time you go deeper into your thoughts and beliefs that hold you back. This journal is a great place to start with your Shadow Work and I encourage you to expand on it yourself each time you try this enlightening process. Carl Jung described the Shadow as the unknown side of the personality. These unknown parts cause us to react to stress based on old feelings, not the current situation. Discover these part so they can no longer control your feelings. Imagine if you were able to see problems as interesting challenges rather than feeling overwhelming dread. What you will Learn - Learn to focus on the actual challenges of the moment rather than feelings from the past. - Start immediately and quickly get to the issues that are keeping you Stressed Out.

## **The I of the Storm**

The author of the phenomenal bestsellers *He and She* discusses the importance of regaining the feminine dimension in our lives. According to Johnson, regaining the power of feminine feeling and value is critical to the development of human peace and consciousness.

## **The Soul's Code**

Johnson's memoirs encourages the reader to follow the subtle influences of dreams, visions, and deepest sufferings in order to live attuned to the spiritual self.

## **Balancing Heaven and Earth**

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

## **Owning Your Own Shadow**

What does life ask of us, and how are we to answer that summons? Are we here just to propagate the species anew? Do any of us really believe that we are here to make money and then die? Does life matter, in the end, and if so, how, and in what fashion? What guiding intelligence weaves the threads of our individual biographies? What hauntings of the invisible world invigorate, animate, and direct

the multiple narratives of daily life? In *Hauntings*, James Hollis considers how we are all governed by the presence of invisible forms-spirits, ghosts, ancestral and parental influences, inner voices, dreams, impulses, untold stories, complexes, synchronicities, and mysteries-which move through us, and through history. He offers a way to understand them psychologically, examining the persistence of the past in influencing our present, conscious lives and noting that engagement with mystery is what life asks of each of us. From such engagements, a deeper, more thoughtful, more considered life may come. James Hollis, PhD, is a co-founder of the C. G. Jung Institute of Philadelphia and Saybrook University's Jungian Studies program, director emeritus of the Jung Center of Houston, vice president emeritus of the Philemon Foundation, and an adjunct professor at Saybrook University and Pacifica Graduate Institute. He resides in Houston, Texas, where he conducts an analytic practice.

## **Lying with the Heavenly Woman**

What does it mean to be a woman? What is the pathway to mature femininity? These are some of the questions addressed in this perceptive exploration of female psychology. This bestselling book is invaluable to any woman who wants to better understand herself.

## **Femininity Lost and Regained**

The bestselling author of *He, She, and We* analyzes two mythic stories that illuminate the malaise of our time--the wounded feeling function.

## **We**

Presenting an original and vital model for psychological development, the brilliant and pioneering author of *He, She, and We* offers a new understanding of the stages of personal growth through which maturity and wholeness can be achieved. Using quintessential figures from classical literature--Don Quixote, Hamlet, and Faust--Robert Johnson shows us three clearly defined stages of consciousness development. He demonstrates how the true work of maturity is to grow through these levels to the self-realized state of completion and harmony. In Johnson's view, we all reach the stages depicted by Don Quixote, Hamlet, and Faust at various times of our lives. The three represent levels of consciousness within us, each vying for dominance. Don Quixote portrays the innocent child, while Hamlet stands for our self-conscious need to act and feel in control though we have no real connection to our inner selves. Faust embodies the master of the true self, who has gained awareness by working through the stages.

## **Shadow Work**

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

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