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Robert A. Johnson, a
noted lecturer and

Jungian analyst, is also

the author of He, She,

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In Owing Your Own
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Johnson takes the idea
of the shadow, from
Jungian psychology, and
runs with it, providing
guidelines for using the
concept to develop ones
psychological health and
understand ones
relationships.

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Johnson This powerful
work from the
acclaimed Jungian
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We* explores our need to
"own" our own
shadow—the term Carl

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Jung used to describe
the dark, unlit part of
the ego.

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“ Though no one notices at the time, in-loveness obliterates the humanity of the beloved. One does a curious kind of insult to another by falling in love with him, for we are really looking at our own projection of God, not at the other person.

Owning Your Own

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Shadow Quotes by
Robert A. Johnson

According to Jungian analyst Robert Johnson in his book *Owning Your Own Shadow*, there is gold to be found in the shadow, in the sense that there 's something to learn from it; however, many ...

Finding Light in the
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Today

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the Dark Side of the

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Johnson The first book I
recommend to anyone
interested in learning
about the shadow is by
Robert Johnson.

Johnson has a gift for
communicating difficult
concepts for us lay
readers.

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A Little Book on the
Human Shadow, edited
by William Booth. San
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Row. ISBN
0-06-254847-6;
Campbell, Joseph, ed.
1971. The Portable
Jung, translated by R. F.

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C. Hull. New York:

Penguin Books.

Johnson, Robert A.

1993. Owing Your

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Robert Johnson starts Owing Your Shadow with Jung ' s favorite story. Without effort or limit, the water of life wanted to make itself known on earth, so it appeared through an artesian well. People drank this magic water and were nourished, but eventually, they chose to escape this Edenic state.

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Owning Your Own Shadow Summary (6/10) — Unearned Wisdom

Robert A. Johnson has written a modestly powerful book with "Owning Your Own Shadow", delivered in a clear, elegant style. Johnson plumbs the depths of Jung's concept of the shadow and emerges with flashes of

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pithy insight.

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

"Owning Your Own Shadow" by Robert A. Johnson is a work in which the author lays out the Jungian theory of the shadow and brings new clarity to this subject. The persona is the image that the

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individual wants to present to the world. The persona is largely based on the material that is stored in the ego.

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Realizations (1998) by
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Jerry M. Ruhl

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Robert A. Johnson
(psychotherapist) -
Wikipedia

We develop this shadow
early in our lives.

During this process, the
civilizing process, we
categorize our
characteristics into two
groups. In *Owning
Your Own Shadow*,
author Robert Johnson
states that “ we sort out
our God-given

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Characteristics into those that are acceptable to our society and those that have to be put away ” .

[Analysis of Our Shadow Selves in "Owning Your Own Shadow ...](#)

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