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Shadow Work: A
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But this depends on your own perspective on life, and your levels of self-esteem. So while for one person their shadow might just contain such classic elements as sadness , rage , laziness, and cruelty, you might also hide your personal power, your independence , or your emotional sensitivity.

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Owning Your Own Shadow; understanding the dark side of the psyche. San Francisco: Harper San Francisco, 1991. First Edition. Hardcover. 8vo, 118 pages. Firm binding; no loose pages. Book and dust jacket with minimal use and wear. Blue boards with maroon spine. Former owner's name written inside front cover. No other writing or marks observed.

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In this rich work,
Robert Johnson guides
us through an
exploration of the
shadow: what it is, how

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it originates, and how it interacts and is made through the process of This powerful work from the acclaimed Jungian analyst and best-selling author of *He, She, and We* explores our need to "own" our own shadow—the term Carl Jung used to describe the dark, unlit part of the ego.

Owning Your Own Shadow:

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