



Why Good People Do Bad Things: Understanding Our Darker Selves

James Hollis

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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.

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Michael Madden:

People live in this new moment of lifestyle always aim to and must have the spare time or they will get large amount of stress from both daily life and work. So , once we ask do people have time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity are there when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading ebooks. It can be your alternative within spending your spare time, the actual book you have read is definitely Why Good People Do Bad Things: Understanding Our Darker Selves.

Carolyn Lutz:

The book untitled Why Good People Do Bad Things: Understanding Our Darker Selves contain a lot of information on the item. The writer explains the girl idea with easy means. The language is very straightforward all the people, so do certainly not worry, you can easy to read it. The book was authored by famous author. The author provides you in the new age of literary works. You can actually read this book because you can keep reading your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open their official web-site and also order it. Have a nice learn.

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