



# Romancing the Shadow: How to Access the Power in Our Dark Side

*Connie Zweig, Steve Wolf*

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## **Romancing the Shadow: How to Access the Power in Our Dark Side** Connie Zweig, Steve Wolf

This text provides a guide to understanding the dark side of the personality which we so often disown. It is this part of our psyche where we hide our forbidden feelings of rage, envy, sadness and shame which can erupt in such uncontrollable behaviour as addiction, depression, lying and deception. This text is a work on how to live consciously with the widespread issues of the dark side in life's most sensitive arenas. The authors draw on Jungian psychology, myth, folktales and insightful stories gleaned from their clients' lives to trace the development of the shadow from its birth within the family crucible to its emergence in every aspect of adult life - love, sex, marriage, work, money - and also its manifestation in today's most difficult social issues, such as racism, child abuse and violence. The authors also invite readers to romance the shadow, to draw it out of hiding, to discover its hidden treasures, and to re-energize our connections with creativity and the soul.

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