



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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Hey guys, do you really wants to finds a new book you just read? May be the book with the headline Why Good People Do Bad Things: Understanding Our Darker Selves suitable to you? Typically the book was written by renowned writer in this era. The particular book untitled Why Good People Do Bad Things: Understanding Our Darker Selves is one of several books that will everyone read now. This book was inspired a lot of people in the world. When you read this book you will enter the new dimension that you ever know ahead of. The author explained their thought in the simple way, consequently all of people can easily to recognise the core of this guide. This book will give you a large amount of information about this world now. So you can see the represented of the world within this book.

Tracy Laflamme:

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William Brown:

Reading can called head hangout, why? Because if you find yourself reading a book especially book entitled Why Good People Do Bad Things: Understanding Our Darker Selves your brain will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely might be your mind friends. Imaging each word written in a e-book then become one web form conclusion and explanation in which maybe you never get just before. The Why Good People Do Bad Things: Understanding Our Darker Selves giving you a different experience more than blown away your thoughts but also giving you useful data for your better life on this era. So now let us show you the relaxing pattern at this point is your body and mind

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