



# Der Schatten in uns: Die subversive Lebenskraft (German Edition)

*Verena Kast*

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## **Der Schatten in uns: Die subversive Lebenskraft (German Edition)** Verena Kast

"Wo Licht ist, ist auch Schatten", heißt es. Ebenso verhält es sich mit der menschlichen Persönlichkeit: Wir stellen bestimmte Seiten von uns ins Licht, während andere Persönlichkeitsaspekte ins Unbewusste verdrängt werden. Der Schatten ist das, was ein Mensch nicht sein will, aber gleichwohl ist, und er wird oft auf andere projiziert – z.B. auf Fremde oder Asylantinnen und Asylanten – und dort bekämpft. Der Schatten kann aber auch positiv sein und verborgene Fähigkeiten und Potenziale enthalten.

In diesem Standardwerk zum Schattenkonzept C. G. Jungs zeigt die renommierte Jung'sche Analytikerin und Psychotherapeutin Verena Kast: Wenn wir bereit sind, für unsere dunklen Seiten die Verantwortung zu übernehmen, wird der Schatten zu einer Kraft, die uns menschlicher und lebendiger macht.

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