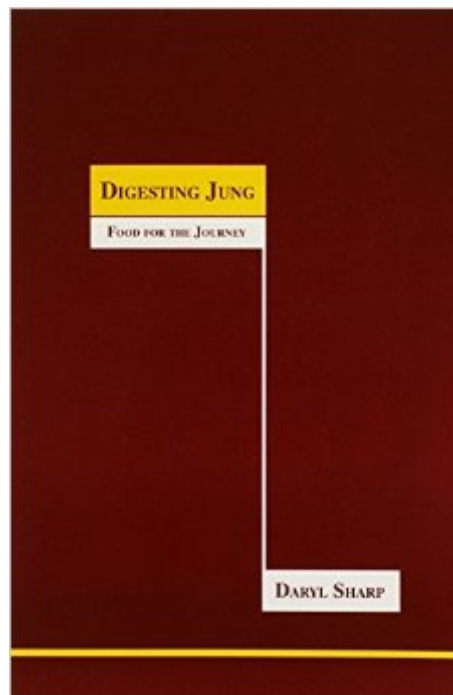


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# Digesting Jung: Food For The Journey (Studies In Jungian Psychology By Jungian Analysts)



## Synopsis

Title number 95 in the series Studies in Jungian Psychology by Jungian Analysts; Pinpoints and elucidates key passages in the work of C. G. Jung; A stimulating presentation of how unconscious factors influence us all This book evolved out of a desire to pin-point key passages in Jung's writings that have nourished the author for many years. It provides readers new to analytical psychology with the main ingredients of Jung's work and how they might flavor a life. The appetizers that head each chapter are fleshed out by the author's commentaries meant to stimulate the reader to ruminate on the unconscious factors that influence us all. Those seeking a more robust meal will be amply rewarded by following up the footnote references.

## Book Information

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## Customer Reviews

Daryl Sharp's *Digesting Jung: Food For The Journey* is the result of the author's pin-pointing key passages in Carl Jung's psychoanalytical writings which have been particularly inspiring and insightful for him down through the years. *Digesting Jung* provides a new generation of readers with the main ingredients of Jung's work and how the reader can utilize Jung's insights and metaphors to infuse them with an enthusiasm as they search for meaning. Each chapter begins with a Jung citation, which is then fleshed out by Sharp's own commentary which will stimulate the reader to contemplating the unconscious factors that influence us all. *Digesting Jung* is very highly recommended to all students and practitioners of Jungian psychology.

Daryl Sharp did wonders for my understanding Karl Jung. One who is not a philosopher yet needs the approach to a PhD study putting Jung in a nutshell of essential meanings was great help in understanding a difficult to embrace subject.

This is an excellent book for understanding the often difficult if not indecipherable labyrinth of Jungian work. This is no small matter given the volumes Jung and his followers have written over the years, but Sharp gracefully ventures into very complex concepts providing sound overviews to help both beginning and experienced clinicians better understand the ideas. The topics are treated in bite size portions, as the title suggests, so don't expect a full course meal here, but for what it provides it gets five stars.

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