

**SHADOW WEEKEND  
RECOMMENDED READINGS**

“There can be no doubt that the realization of the opposite hidden in the Unconscious, the process of reversal, signifies reunion with the Unconscious Laws of our being, and the purpose of this reunion is the attainment of Conscious Life.”

– Carl Jung

1. Bishop, Ross, 1998, Healing The Shadow, Sante Fe, NM, Blue Lotus Press
2. Bly, Robert, 1988, A Little Book On The Human Shadow, San Francisco, Harper & Row
3. Brown, Marcia, 1982, Shadow, New York, NY, Macmillan Publishing Company
4. Diamond, Stephen A, 1996, Anger, Madness, and The Daimonic, Albany, NY, State of University of New York Press
5. Durchkheim, Karlfried Graf, 1990, The Way of Transformation, London, Unwin Paperbacks
6. Ford, Debbie, 2010, The Dark Side of the Light Chasers, New York, Riverhead Trade
7. Henderson, Joseph L., 1990, Shadow and Self, Wilmette, IL, Chiron Publications
8. Hollis, James, 2008, Why Good People Do Bad Things: Understanding Our Darker Selves, Penguin
9. Hort, Barbara E., 1996, Unholy Hungers, Boston, Shambhala Publications
10. Johnson, Robert A., 1991, Owning Your Own Shadow, San Francisco, Harper & Row
11. Johnson, Robert A., 1991, Transformation, San Francisco, Harper & Row
12. Jung, C. G., 1973, Memories, Dreams, Reflections, New York, Pantheon Books
13. Miller, William A., 1989, Your Golden Shadow, San Francisco, Harper & Row
14. Moore, Thomas, 1990, Dark Eros, The Imagination of Sadism, Woodstock, Connecticut, Spring Publications
15. O’Kane, Françoise, 1991, Sacred Chaos, Reflections On God’s Shadow and The Dark Self, Toronto, Canada, Inner City Books

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16. Pedersen, Loren E., 1991, Dark Hearts, Boston, Shambhala Publications
17. Singer, June, 1973, Boundaries of The Soul, The Practice of Jung's Psychology, USA, Anchor Books
18. Stein, Murry (Editor), 1993, Mad Parts of Sane People In Analysis, Wilmette, IL, Chiron Publications
19. Yalom, Irvin D. 1992, When Nietzsche Wept, Boston, Basic Books
20. Zweig, Connie & Abrams, Jeremiah, 1991, Meeting The Shadow, The Hidden Power of Dark Side of Human Nature, Los Angeles, Jeremy P. Tarcher, Inc.
21. Zweig, Connie & Wolf, Steve, 1992, Romancing The Shadow, Illuminating The Dark Side of The Soul, New York, Ballantine Books

**SELECTED SHADOW ARTICLES FROM THE FOLLOWING SOURCES:**

Zweig, Connie & Abrams, Jeremiah, 1991, Meeting The Shadow, The Hidden Power of Dark Side of Human Nature, Los Angeles, Jeremy P. Tarcher, Inc.

“My Brother/Myself”, Daryl Sharp, pp 69 - 72

“The Cure of The Shadow”, James Hillman, pp 242 - 243

“How To Deal With Evil”, Liliane Frey-Rohn, pp 264 - 268

“Introduction: The Shadow Side of Everyday Life”, Connie Zweig & Jeremiah Abrams, pp XVI -XXV

“The Long Bag We Drag Behind Us”, Robert Bly, pp 6 - 12

**AUDIO TAPES**

Johnson, Robert, Your Shadow: Friend or Foe

Richo, David, Befriending Your Shadow

Schwartz-Salant, Nathan, October 1991, The Myth of Shadow and The Shadow of Myth, C.G. Jung Institute of Chicago