

Solitude A Return To The Self Anthony Storr

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The School of Genius Anthony Storr 1988-01-01

The Art of Solitude Stephen Batchelor 2020-02-18 In a time of social distancing and isolation, a meditation on the beauty of solitude from renowned Buddhist writer Stephen Batchelor "Whatever a soul is, the author goes a long way toward soothing it. A very welcome instance of philosophy that can help readers live a good life."—Kirkus Reviews "Elegant and formally ingenious."—Geoff Wisner, Wall Street Journal When world renowned Buddhist writer Stephen Batchelor turned sixty, he took a sabbatical from his teaching and turned his attention to solitude, a practice integral to the meditative traditions he has long studied and taught. He aimed to venture more deeply into solitude, discovering its full extent and depth. This beautiful literary collage documents his multifaceted explorations. Spending time in remote places, appreciating and making art, practicing meditation and participating in retreats, drinking peyote and ayahuasca, and training himself to keep an open, questioning mind have all contributed to Batchelor's ability to be simultaneously alone and at ease. Mixed in with his personal narrative are inspiring stories from solitude's devoted practitioners, from the Buddha to Montaigne, from Vermeer to Agnes Martin. In a hyperconnected world that is at the same time plagued by social isolation, this book shows how to enjoy the inescapable solitude that is at the heart of human life.

Churchill's Black Dog (Text Only) Anthony Storr 2017-01-26 'Extremely engaging... A book full of good moments and humane insights.' Alan Ryan, Observer

Alone Time Stephanie Rosenbloom 2018-06-14 'Full of heart.' Michael Harris, author of *Solitude* Being alone isn't something to endure - it's something to relish.

_____ The average adult spends about a third of his or her waking time alone. Yet research suggests we aren't very good at using, never mind enjoying, alone time. Rising to the challenge, travel writer Stephanie Rosenbloom explores the joys and benefits of being alone in four mouth-watering journeys to the cities of Paris, Istanbul, Florence and New York, in four seasons. This is a book about the pleasures and benefits of savouring the moment, examining things closely, using all your senses to take in your surroundings, whether travelling to faraway places or walking the streets of your own city. Through on-the-ground observations and anecdotes, and drawing on the thinking of artists, writers and innovators who have cherished solitude, *Alone Time* illuminates the psychological arguments for alone time and lays bare the magic of going solo.

Solitude Anthony Storr 2005-10-03 A landmark study of the nature of solitude examines its crucial role in creativity, mourning, religious experience, and other aspects of human life; discusses enforced solitude; and argues that solitude can foster positive behavior. Reprint. 10,000 first printing.

Aztec and Maya Myths Karl Taube 1993 The myths of the Aztec and Maya derive from a shared Mesoamerican cultural tradition. This is very much a living tradition, and many of the motifs and gods mentioned in early sources are still evoked in the lore of contemporary Mexico and Guatemala. Professor Taube discusses the different sources for Aztec and Maya myths. The Aztec empire began less than 200 years before the Spanish conquest, and our knowledge of their mythology derives primarily from native colonial documents and manuscripts commissioned by the Spanish. The Maya mythology is far older, and our knowledge of it comes mainly from native manuscripts of the Classic period, over 600 years before the Spanish conquest. Drawing on these sources as well as nineteenth- and twentieth-century excavations and research, including the interpretation of the codices and the decipherment of Maya hieroglyphic writing, the author discusses, among other things, the Popol Vuh myths of the Maya, the flood myth of Northern Yucatan, and the Aztec creation myths.

The Second Media Age Mark Poster 2018-03-08 This book examines the implications of new communication technologies in the light of the most recent work in social and cultural theory and argues that new developments in electronic media, such as the Internet and Virtual Reality, justify the designation of a "second media age".

The Two Million-Year-Old Self Anthony Stevens 1993 With the evolution of human consciousness, nature has finally become conscious of itself. It has taken eons of time, and it is still working out its purpose in the archetypes of the collective unconscious encoded in the most ancient parts of the human brain. The recent evolutionary history of our species, which Jung personified as "the two million-year-old human being in us all," is still active in our dreams, myths, psychiatric symptoms, traditional healing practices, and typical patterns of behavior. Through a wide-ranging review of developments in anthropology, ethology, sociobiology, neuroscience, psycholinguistics, and Jungian psychology, Anthony Stevens explores the nature of the two million-year-old Self and examines ways in which the contemporary world both fulfills and frustrates its basic needs and intentions. Drawing on his experience as an analyst, Stevens evokes dreams and psychiatry to reveal a compelling and challenging view of the two million-year-old Self as embodying no less than the will of nature. By granting close attention to nature's mind, Stevens argues, we not only further personal wholeness but also help redress the gross imbalances of our culture.

Celebrating Time Alone Lionel Fisher 2009-03-05 Being Alone, whether by circumstance or choice, is not tragic. What is tragic, and so wasteful of the preciousness of life, is that too many of us think we are nothing alone. We seek our happiness and fulfillment, our answers, our very identity in others when we first must find it in ourselves - something we can only do alone. *Celebrating Time*

Alone affirms that it's all right to be alone, to want to be alone, even to be lonely at times because the rewards of solitude can make the deprivations so worthwhile. In the fall of 1996, Lionel Fisher embarked on a cross-country journey in search of men and women who have stretched the envelope of their aloneness to Waldenesque proportions, achieving great emotional clarity in the process. He also spoke with their urban counterparts who, through necessity or choice, prefer to savor their individuality in smaller servings. In a writing style that is at once eloquent and down to earth, the author interweaves their real-life stories with his own insights and experiences to offer counsel, inspiration, and affirmation on living well alone.

Solitude Michael Harris 2017-04-06 'An elegant, thoughtful book . . . beautifully expresses the importance and experience of liberation from the battery-hen life of constant connection and crowds.' Daily Mail 'A compelling study of the subtle ways in which modern life and technologies have transformed our behaviour and sense of self.' Times Literary Supplement In a world of social media and smartphones, true solitude has become increasingly hard to find. In this timely and important book, award-winning writer Michael Harris reveals why our hyper-connected society makes time alone more crucial than ever. He delves into the latest neuroscience to examine the way innovations like Google Maps and Facebook are eroding our ability to be by ourselves. He tells the stories of the remarkable people – from pioneering computer scientists to great nineteenth-century novelists – who managed to find solitude in the most unexpected of places. And he explores how solitude can bring clarity and creativity to each of our inner lives. Urgent, eloquent and beautifully argued, Solitude might just change the way you think about being alone. 'Speaks to a long-overdue conversation we still haven't properly had in our society.' Vice 'A timely, elegant provocation to daydream and wander.' Nathan Filer, author of The Shock of the Fall 'The leading thinker about technology's corrupting influence on our collective psyche.' Newsweek 'A poetic, contemplative journey into the benefits of solo sojourning.' Elle

Party of One Anneli Rufus 2003 An essential defense of the people the world loves to revile--the loners--yet without whom it would be lost The Buddha. Rene Descartes. Emily Dickinson. Greta Garbo. Bobby Fischer. J. D. Salinger: Loners, all--along with as many as 25 percent of the world's population. Loners keep to themselves, and like it that way. Yet in the press, in films, in folklore, and nearly everywhere one looks, loners are tagged as losers and psychopaths, perverts and pity cases, ogres and mad bombers, elitists and wicked witches. Too often, loners buy into those messages and strive to change, making themselves miserable in the process by hiding their true nature--and hiding from it. Loners as a group deserve to be reassessed--to claim their rightful place, rather than be perceived as damaged goods that need to be "fixed." In Party of One Anneli Rufus--a prize-winning, critically acclaimed writer with talent to burn--has crafted a morally urgent, historically compelling tour de force--a long-overdue argument in defense of the loner, then and now. Marshalling a polymath's easy erudition to make her case, assembling evidence from every conceivable arena of culture as well as interviews with experts and loners worldwide and her own acutely calibrated analysis, Rufus rebuts the prevailing notion that aloneness is indistinguishable from loneliness, the fallacy that all of those who are alone don't want to be, and wouldn't be, if only they knew how.

My Year of Rest and Relaxation Ottessa Moshfegh 2018-07-12 THE TIKTOK SENSATION Read THE razor-sharp satire that everyone is talking about... On the surface ,our narrator has everything you could want in life. She's young, thin, pretty, a

recent Columbia graduate and lives in an apartment on the Upper East Side of Manhattan paid for, like everything else, by her inheritance. But there is a vacuum in her life and she's got the perfect solution. She's going to take a year under sedation to relax and hide away from the world. What could possibly go wrong? Blackly funny, merciless and compassionate, My Year of Rest and Relaxation, is the perfect read for fans of The Bell Jar by Sylvia Plath and The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid. PRAISE FOR MY YEAR OF REST AND RELAXATION: 'The book that everyone is talking about' The Times 'Diamond-hard entertainment' Guardian 'Electrifying...compelling...Moshfegh's protagonist is an unlikely revolutionary' Vanity Fair **LOOKOUT FOR THE NEWEST NOVEL FROM OTTESSA MOSHFEGH, LAPVONA, OUT SOON**

At the Center of All Beauty Fenton Johnson 2021-01-26 An illuminating meditation on finding the joys and creative freedom of solitude.

The Dynamics of Creation Anthony Storr 1993 What drives the artist to create masterpieces and the scientist to forge breakthrough theories? This is the fundamental question that British psychiatrist Anthony Storr sets out to answer in The Dynamics of Creation. Storr begins by debunking the popular notion that creative people are necessarily motivated by neurosis. Although creativity can spring from a desire for power, wealth, prestige, or sexual conquest, at its deepest level it is an integrative impulse that both nourishes and consoles the human soul. In probing the origins and the consequences of creativity, Storr paints brief, stunningly insightful portraits of an astonishing range of gifted individuals, including Leonardo da Vinci, Darwin, Mozart, Einstein, Kafka, Newton, Balzac, and Wagner. A brilliant synthesis of psychology, biography, cultural analysis, and artistic appreciation. "Rich and rewarding . . . Full of wise and humane understanding." The Economist

Jonathan Livingston Seagull Richard Bach 2014-10-21 "Includes the rediscovered part four"--Cover.

The Essential Jung Carl Gustav Jung 2013 In this compact volume, British psychiatrist and writer Anthony Storr has selected extracts from Jung's writings that pinpoint his many original contributions and relate the development of his thought to his biography. Storr's explanatory notes and introduction show the progress and coherence of Jung's ideas. These notes link the extracts, and with Dr. Storr's introduction, they show the progress and coherence of Jung's ideas, including such concepts as the collective unconscious, the archetypes, introversion and extroversion, individuation, and Jung's view of integration as the goal of the development of the personality. Jung maintained that we are profoundly ignorant of ourselves and that our most pressing task is to deflect our gaze away from the external world and toward the study of our own nature. In a world torn by conflict and threatened by annihilation, his message has an urgent relevance for every thoughtful person.

How to Be Alone Sara Maitland 2014-01-02 Our fast-paced society does not approve of solitude; being alone is literally anti-social and some even find it sinister. Why is this so when autonomy, personal freedom and individualism are more highly prized than ever before? Sara Maitland answers this question by exploring changing attitudes throughout history. Offering experiments and strategies for overturning our fear of solitude, she helps us to practise it without anxiety and encourages us to see the benefits of spending time by ourselves. By indulging in the experience of being alone, we can be inspired to find our own rewards and ultimately lead more enriched, fuller lives. One in the new series of books from The School of Life, launched January 2014: How to Age by Anne Karpf How to Develop

Emotional Health by Oliver James How to Be Alone by Sara Maitland How to Deal with Adversity by Christopher Hamilton How to Think About Exercise by Damon Young How to Connect with Nature by Tristan Gooley

Solitude Philip Koch 2015-12-15 In Koch's Solitude, both solitude and engagement emerge as primary modes of human experience, equally essential for human completion. This work draws upon the vast corpus of literary reflections on solitude, especially Lao Tze, Sappho, Plotinus, Augustine, Petrarch, Montaigne, Goethe, Shelley, Emerson, Thoreau, Whitman and Proust. "Koch uses the work of philosophers, historians, and writers, as well as texts such as the Bible, to show what solitude is and isn't, and what being alone can do to and for the individual. Interesting for its literary scope and its conclusions about all the good true solitude can bring us." –Booklist "Reading this book is like dipping into many minds, fierce and gentle. The author reveals his long study of great philosophers, and interprets their thoughts through the lens of his own experience with solitude. He traces our early brushes with solitude and the fear it can engender, then the craving for solitude that comes with full, adult lives." –NAPRA Review

Gabriel's Story David Anthony Durham 2007-12-18 When Gabriel Lynch moves with his mother and brother from a brownstone in Baltimore to a dirt-floor hovel on a homestead in Kansas, he is not pleased. He does not dislike his new stepfather, a former slave, but he has no desire to submit to a life of drudgery and toil on the untamed prairie. So he joins up with a motley crew headed for Texas only to be sucked into an ever-westward wandering replete with a mindless violence he can neither abet nor avoid—a terrifying trek he penitently fears may never allow for a safe return. David Anthony Durham is a genuine talent bent on devastating originality and Gabriel's Story is as formidable a debut as we have witnessed.

Solitude a Return to the Self Anthony Storr 2015-05-19 Originally published in 1988, Anthony Storr's bestselling meditation on the creative individual's need for solitude has become a classic. A pre-eminent work in self-help and popular psychology literature, Solitude was seminal in challenging the psychological paradigm that "interpersonal relationships of an intimate kind are the chief, if not the only, source of human happiness." Indeed, most self-help literature still places relationships at the center of human existence. Lucid and lyrical, Storr's book argues that solitude ranks alongside relationships in its impact on an individual's well-being and productivity, as well as on society's progress and health. Citing numerous examples of brilliant scholars and artists—from Beethoven and Kant to Anne Sexton and Beatrix Potter—he argues that solitary activity is essential not only for geniuses, but often for the average person as well. For nearly three decades, readers have found inspiration and renewal in Storr's erudite, compassionate vision of the human experience—and the benefits and joy of solitude.

When Can I Stop Running? John Podlaski 2016-06-20 John Podlaski's encore Vietnam War novel brings back John ('Polack') Kowalski, the central character in 'Cherries', and introduces us to Louis ('LG') Gladwell, his irrepressible black friend. Polack and LG are a 'Salt and Pepper' team, best buddies and brothers in a way that only those who have fought side-by-side in a war can ever truly understand. The year is 1970, and the story follows the two soldiers - impressionable Detroit teenagers - during their long night in a Listening Post ('LP'), some 500 meters beyond the bunker line of the new firebase. Their assignment as a "human early warning system", is to listen for enemy activity and forewarn the base of any potential dangers. As they were new to the "Iron Triangle" and its reputation, little did they know that units before them lost

dozens of soldiers in this nightly high-risk task and referred to those assigned as "bait for the enemy" and "sacrificial lambs". Sitting in the pitch black tropical jungle - with visibility at less than two feet - John's imagination takes hold throughout the agonizing night, and at times, transports him back to some of his most vivid childhood memories - innocent, but equally terrifying at the time. As kids, we instinctively run as fast as we can to escape imaginary or perceived danger, but as soldiers, men are trained to conquer their fears and develop the confidence to stand their ground and fight. Running is not an option. In 'When Can I Stop Running?' the author juxtaposes his nightmarish hours in the bush with some of his most heart-pounding childhood escapades. Readers will relate to the humorous childish antics with amusement; military veterans will find themselves relating to both of the entertaining and compelling recollections.

MUSIC AND THE MIND Anthony Storr 2015-05-19 Why does music have such a powerful effect on our minds and bodies? It is the most mysterious and most tangible of all forms of art. Yet, Anthony Storr believes, music today is a deeply significant experience for a greater number of people than ever before. In this book, he explores why this should be so. Drawing on a wide variety of opinions, Storr argues that the patterns of music make sense of our inner experience, giving both structure and coherence to our feelings and emotions. It is because music possesses this capacity to restore our sense of personal wholeness in a culture which requires us to separate rational thought from feelings that many people find it so life-enhancing that it justifies existence.

The Way We Live Now Anthony Trollope 1875 Annotation Containing three plays from the apex of Chekhov's dramatic achievement - The Cherry Orchard, Three Sisters and The Seagull translated by Constance Garnett.

Global Media Studies Marwan Kraidy 2004-02-24 Global Media Studies explores the theoretical and methodological threats that are defining global media studies as a discipline. Emphasizing the connection of globalisation to local culture, this collection considers the diversity of modes of reception, reception contexts, uses of media content, and the performative and creative relationships that audiences develop with and through the media. Through ethnographic case studies from Brazil, Denmark, the UK, Japan, Lebanon, Mexico, South Africa, Turkey and the United States, the contributors address such questions as: what links media consumption to a lived global culture; what role cultural tradition plays globally in confronting transnational power; how global elements of mediated messages acquire class; and regional and local characteristics.

The Art of Psychotherapy Anthony Storr 2012-12-06 Anthony Storr's accessible and humane account of the art of psychotherapy has been widely read by practitioners in training and others in the helping professions, as well as many general readers. The second edition includes a thoroughly revised account of the obsessional personality, and a new chapter that draws on the author's recent work on the importance of the processes of healing that take place within the isolated individual.

Globalization / Anti-Globalization David Held 2007-11-19 Table of Contents List of Figures and Tables Acknowledgements Introduction 1 The Demise of Globalization? : Current Controversies Part One - The Globalization Controversy 2 The Recon?guration of Political Power? 3 The Fate of National Culture 4 Global Insecurities: Military Threats and Environmental Catastrophe 5 A New World Economic Order? : Global Markets and State Power 6 The Great Divergence? Global Inequality and Development 7 (Mis)Managing the World? Part Two - Remaking Globalization 8 Beyond Globalization / Antiglobalization 9 World Orders, Ethical

Foundations 10 The Contentious Politics of Globalization: Mapping Ideals and Theories 11 Reconstructing World Order: Towards Cosmopolitan Social Democracy 12 Testing Cosmopolitan Social Democracy; the challenge of 9/11 and global economic governance References Index.

Submission Michel Houellebecq 2016-09-08 As the 2022 French Presidential election looms, two candidates emerge as favourites: Marine Le Pen of the Front National, and the charismatic Muhammed Ben Abbas of the growing Muslim Fraternity. Forming a controversial alliance with the political left to block the Front National's alarming ascendancy, Ben Abbas sweeps to power, and overnight the country is transformed. This proves to be the death knell of French secularism, as Islamic law comes into force: women are veiled, polygamy is encouraged and, for our narrator François – misanthropic, middle-aged and alienated – life is set on a new course. Submission is a devastating satire, comic and melancholy by turns, and a profound meditation on faith and meaning in Western society.

A Book of Silence Sara Maitland 2009 After a noisy upbringing as one of six children, and adulthood as a vocal feminist and mother, Sara Maitland began to crave silence. Over the past five years, she has spent periods of silence in the Sinai Desert and the Australian bush and on the Isle of Skye. She interweaves these experiences with the history of silence told through fairy tale and myth, Western and Eastern religious traditions, the Enlightenment and psychoanalysis, up to the ambivalence towards silence in contemporary society. Maitland has built a hermitage on an isolated Scottish moor, and the book culminates powerfully with her experiences of silence in this new home.

Under a Croatian Sun Anthony Stancomb 2014-06-02 Take a journey to a ramshackle village in Croatia—a village proudly defined by its tragic history, its unique café culture, its fishing, and its potent alcohol. Many of us have dreamed about upping sticks, leaving the humdrum of urban living for a new life of blue skies, warm sunshine, and sparkling seas. For Anthony and Ivana Stancomb, moving from Fulham to Vis, the remotest island off the coast of Croatia, was easy, but fitting in with the locals was one of the hardest things they had ever had to do. Faced with a language barrier and not the friendliest of locals, little by little our undaunted couple become islanders in their own right, and a few hearts are melted in the process. With the Adriatic Sea as a backdrop, we trace their transformation from foreigners to friends, taking in their adventures with risky boats, fierce grandmothers, star-cross'd lovers, and the establishment of the Croatia's first ever cricket team. This warming account of following your heart, not your head, shows how, with a bit of courage and an open mind, home is wherever you make it.

Churchill's Black Dog, Kafka's Mice, and Other Phenomena of the Human Mind Anthony Storr 1990

Positive Solitude Rae Andre 2000-12-01 How can a person alone find love and meaning in life? Being happy alone is an essential life skill that psychologist Rae André calls positive solitude. Here is an intelligent response to the loneliness, loss of community, and desperate relationships that have become so much a part of our times. This holistic approach explains how to avoid the traps of loneliness while learning to face the challenges of living alone. Positive Solitude is a clear, practical guide for those who are newly alone or unhappy alone, and an affirmation for those who have long enjoyed their solitude.

The Integrity of the Personality Anthony Storr 1992-01-01 Draws on various approaches to psychotherapy to discuss basic assumptions about human nature, the goals of the therapeutic process, and the development of the human personality
C. G. Jung Anthony Storr 1973

Summary of Anthony Storr's Solitude a Return to the Self Everest Media, 2022-05-13T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The emphasis on intimate interpersonal relationships as the touchstone of health and happiness is a relatively recent phenomenon. Earlier generations would not have rated human relationships so highly, believing that the daily round should provide all we need to ask. #2 Psycho-analysis has changed over the last century, and now emphasizes the importance of the patient's relationship with the psychoanalyst. The theory of sexual development, from infancy onward, which Freud postulated as a consequence of his investigations, is the foundation of the edifice of psycho-analysis. #3 Freud believed that neurosis originated from the circumstances of a patient's early childhood. The task of the psycho-analyst was to facilitate the recall of traumatic memories, which had been repressed because they were painful or shameful. #4 Freud originally believed that transference was a curse, but over time he realized that it was the key to his patients' healing. Today, most forms of psychotherapy are focused on helping patients fix their relationships with other people.

Feet Of Clay Anthony Storr 1997-08-19 Examines why society becomes so enraptured with certain figures, and surveys a wide variety of leaders both past and present, attempting to explain how to distinguish between false authorities and true

Solitude Anthony Storr 1997 The author disagrees with the view that only intimate relationships can provide mental and personal satisfaction arguing that solitude has restorative powers.

The Spiritual Wisdom of Anthony de Mello Anthony de Mello 2012 Anthony de Mello was a Jesuit priest from India. He fuses spiritual ideas from many religions in a way that makes them accessible to readers. This book is in the form of a lecture at a retreat and it deals with the notion that we walk through life in a kind of sleep that prevents us from achieving a real connection to God and to ourselves. This book contains the following lectures: On Waking Up Will I Be Of Help To You? On The Proper Kind Of Selfishness On Wanting Happiness Are We Talking About Psychology In This Spirituality Course? Neither Is Renunciation The Solution Listen And Unlearn What's On Your Mind? Good Bad Or Lucky Our Illusion About Others Self-Observation Awareness Without Evaluating Everything The Illusion Of Rewards Finding Yourself Stripping Down To The 'I' Negative Feelings Toward Others On Dependence How Happiness Happens Fear The Root Of Violence Awareness And Contact With Reality Good Religion -The Antithesis Of Unawareness Labels Obstacles To Happiness Four Steps To Wisdom All's Right With The World Sleepwalking Change As Greed A Changed Person Arriving At Silence Losing The Rat Race Permanent Worth Desire, Not Preference Clinging To Illusion Hugging Memories Getting Concrete At A Loss For Words Cultural Conditioning Filtered Reality Detachment Addictive Love More Words Hidden Agendas Giving In Assorted Landmines The Death Of Me Insight And Understanding Not Pushing It Getting Real Assorted Images Saying Nothing About Love Losing Control Listening To Life The End Of Analysis Dead Ahead The Land Of Love

Samuel Beckett Anthony Cronin 2009-06-01 Cronin profiles the life and literary career of the Irish writer.

Human Aggression Anthony Storr 1992 Anthony Storr writes both as a psychotherapist and as someone who is living in an age in which the destruction of the world is a distinct possibility. But the coin of aggression, as he shows, bears two faces. He discusses its normal role as a positive and natural drive, in the social structure of both animals and humans and its function in childhood, adult life and sexual

relations; its negative aspect he considers in relation to hostility, depressive, schizoid, paranoid and psychopathic personalities. He closes with a plea - modest, humane and never Utopian - for attitudes and policies that in the long run might reduce hostility between peoples and between nations.

Jung Anthony Storr 2013-08-21 Carl Gustav Jung first wanted to be an archaeologist. When family finances made this impossible, he pursued a medical degree from Basel University. Considering a specialization in surgery, he stumbled upon a psychiatry book--an event that changed the course of his life and ultimately the whole field of depth psychology. Anthony Storr looks at these and other telling facts about Jung's life in the opening chapter of this highly acclaimed book. Though fundamentally concerned with Jung's ideas, Storr's approach shows his conviction that in the realm of dynamic psychology it is impossible to separate ideas from the personality of the man in whom they occurred. His clear and concise review of the whole corpus of Jung's writings always keeps in sight the man behind the work, as each subsequent chapter concentrates on a particular Jungian concept, guiding the reader through the life and ideas of this great thinker. Storr investigates the major principles of analytical psychology,

presenting such central concepts as the collective unconscious, the archetypes, the shadow, and the persona. He looks at Jung's religious turmoil and his inner need to reconcile the opposition between objectivity and subjectivity. He shows how his ideas follow a progression from the intellectual agitation that characterized the young psychologist to the advanced theories of balance and integration found in the mature man. Storr concludes his book with a look at psychotherapy, describing advances as well as problems involved in a practical consideration of Jungian techniques. Perhaps the most remarkable element of Jung is its illumination of complex concepts--concepts that had they been easily accessible in the original would have caused a wider appreciation of Jung's work. The clarity and order that Storr brings to light in Jung's psychology will come as a welcome surprise to those who have found him an obscure if provocative thinker. Storr's sensitive analysis makes the book compelling reading for everyone interested in Jung, and his clear exposition provides a superior introduction for newcomers, allowing the genius of Jung to appear for the widest possible audience. First published in 1973, this classic study is now available again. The Routledge edition includes a brief preface in which the author describes his previous work on Jung as well as his meeting with the great Swiss thinker.