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If you have any interest in the Shadow, or have realized that in your life or those around you there have been recurring themes of someone (perhaps inexplicably) acting against what seem to be their best interests, you will find reading "*Owning Your Own Shadow*" a worthwhile read.

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In *Owning Your Own Shadow*, Robert Johnson takes the idea of the shadow, from Jungian psychology, and runs with it, providing guidelines for using the concept to develop ones psychological health and understand ones relationships.

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