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Jung and the Human Psyche: An Understandable Introduction

Mary Ann Mattoon

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Jung and the Human Psyche: An Understandable Introduction presents a comprehensive introduction to Jungian theory, taking the reader through the major themes of Jung's work in a clear way, relating such concepts to individual experience.

Drawing on her extensive experience in practicing and teaching Jungian psychology, Mary Ann Mattoon succeeds in making the fundamental insights of Jung's work accessible. The major topics of Jungian psychology are presented in a manner that is clear, emotionally engaging, well illustrated and non-dogmatic. Areas covered include:

- The visible psyche: ego, persona, typology.
- The hidden psyche: self, shadow, unconscious, archetypes, instincts.
- Becoming who we are: early development, gender.
- Obstacles and helps to growth: complexes, projection, psychopathology.
- Helps from the psyche: psychic energy, self-regulation/compensation, symbol, synchronicity, creativity.

Jung and the Human Psyche provides an original and imaginative introduction to Jung's work, and will appeal to students of Jungian psychology, those considering training in Jungian analysis, and anyone interested in Jungian psychology.

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