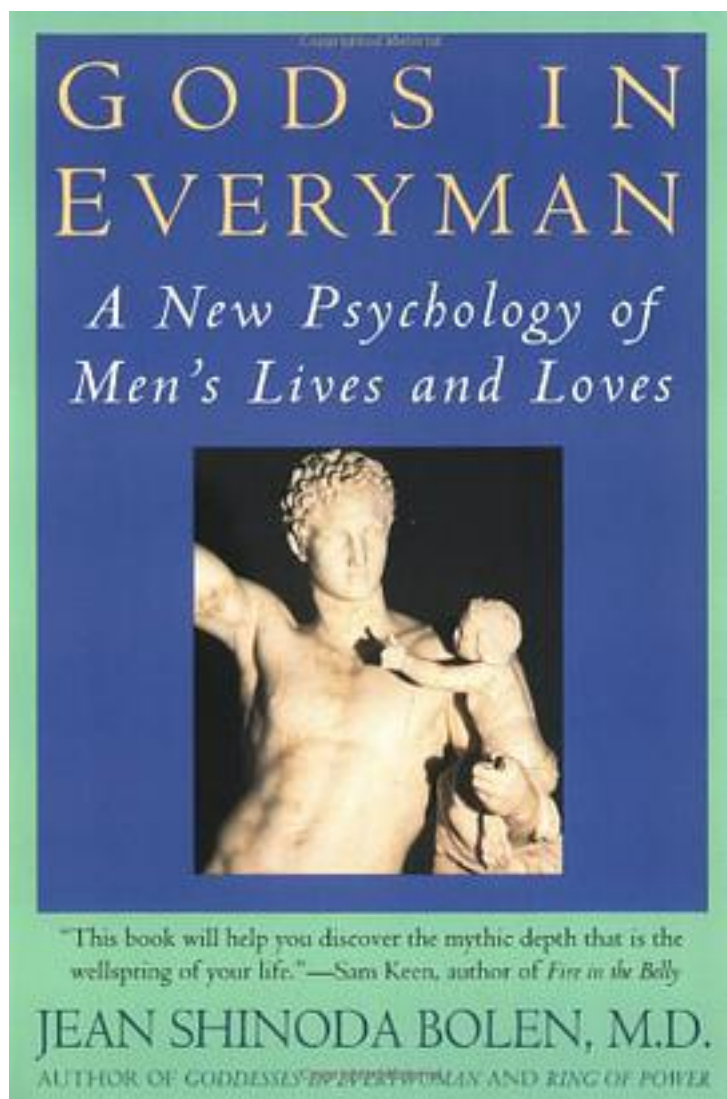


# Gods in Everyman



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In this challenging and enlightening companion volume to the bestselling *Goddesses in Everywoman*, Jean Shinoda Bolen turns her attention to the powerful inner patterns--or archetypes--that shape men's personalities, careers, and personal relationships. Viewing these archetypes as the inner counterparts of the outer world of cultural stereotypes, she demonstrates how men and women can gain an invaluable sense of wholeness and integration when what they do is consistent with who they are. Dr. Bolen introduces these patterns in the guise of eight archetypal gods, or personality types, with whom the reader will identify. From the authoritarian power-seeking gods (Zeus, Poseidon) to the gods of creativity (Apollo, Hephaestus) to the sensual Dionysus, Dr. Bolen shows men how to identify their ruling gods, how to decide which to cultivate and which to overcome, and how to tap the power of these enduring archetypes in order to enrich and strengthen their lives. She also stresses the importance of understanding which gods you are attracted to and which are compatible with your expectations, uncovers the origins of the often-difficult father-son relationship, and explores society's deep conflict between nurturing behavior and the need to foster masculinity. In *Gods in Everyman* Dr. Bolen presents us with a compassionate and lucid male psychology that will help all men and women to better understand themselves and their relationships with their fathers, their sons, their brothers, and their lovers.

作者介绍:

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## 标签

心理学

## 评论

挺好读的，没有高深的理论，对古希腊诸神略带故事性的心理分析，还是比较有趣的。当然，神本来就不需要理论的;-)

从心理和行为上来说，无论男女，各种古希腊神的原型特质都会有所体现，就像人是“包容了各种不同的个性和情感”的集合。多些对原型及人的内世界的了解和观察，无疑是有益的。但是我们也不用刻意区分站队，人类的心理难免有时会“体神入化，落影离形”，这与神的无形无相，亦或相互融合，都有些类似吧。“What we call the beginning is often the end And to make an end is to make a beginning. The end is where we start from.” ~T.S. Eliot’s “Little Gidding”

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书评

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