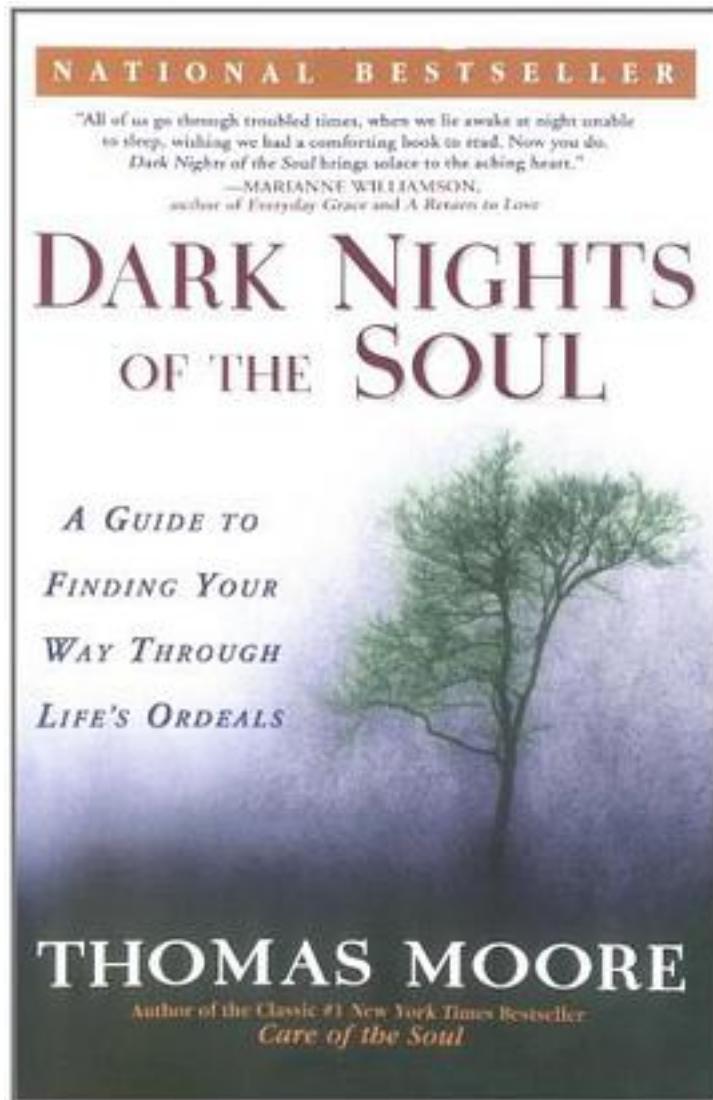


Dark Nights of the Soul



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"Every human life is made up of the light and the dark, the happy and the sad, the vital and the deadening. How you think about this rhythm of moods makes all the difference."

Our lives are filled with emotional tunnels: the loss of a loved one or end of a relationship, aging and illness, career disappointments or just an ongoing sense of dissatisfaction with life. Society tends to view these "dark nights" in clinical terms as obstacles to be overcome as quickly as possible. But Moore shows how honoring these periods of fragility as periods of incubation and positive opportunities to delve the soul's deepest needs can provide healing and a new understanding of life's meaning. *Dark Nights of the Soul* presents these metaphoric dark nights not as the enemy, but as times of transition, occasions to restore yourself, and transforming rites of passage, revealing an uplifting and inspiring new outlook on such topics as: - The healing power of melancholy

- The sexual dark night and the mysteries of matrimony
- Finding solace during illness and in aging
- Anxiety, anger, and temporary Insanities
- Linking creativity, spirituality, and emotional struggles
- Finding meaning and beauty in the darkness

作者介绍:

目录:

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标签

灵魂的黑夜

心理学

英文原版

评论

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书评

忧郁就像一只鲸鱼，我被它吞到腹中，跟随它漂流，无法为自己的处境做些什么，不知道要漂流到何方……

我会遇到各种忧郁，就像黑夜一样笼罩的我。我的潜意识里为自己的无力感到羞愧和恼怒，总是希望尽快解脱，所谓“战胜忧郁”。实际上黑夜的到来自有其原因，我执着的想要逃离的…

《灵魂的黑夜》，读完了。

觉得自己可怜的时候，请多在意一下，自己是不是又在一个合适的时候手头上拿着了一本合适的书，如果果真这样的话，恭喜恭喜自己，我还是一个那么幸运的人。

所以，一气呵成，一泻而下，别企图细水长流似的读法了。随后，便能合上书了，把它收好，回…

作者是一名心理治疗师，童年修习于修道院，对宗教有着不一般的情节，也无外乎他会选择与荣格相近的道路（荣格的父亲是一名牧师）。

每个人的一生中总有几个晚上，无法入睡，有沉重的东西压在心头，徘徊不肯散去。当白昼慢慢退去，夜晚统治大地的时候，当万籁俱寂城市入睡的时…

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