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In Jungian psychology, the shadow, (also known as id, shadow aspect, or shadow archetype) is either an unconscious aspect of the personality that the conscious ego does not identify in itself; or the entirety of the unconscious, i.e., everything of which a person is not fully conscious. In short, the shadow is the unknown side.

Shadow (psychology) - Wikipedia

About Meeting the Shadow The author offers exploration of self and practical guidance dealing with the dark side of personality based on Jung's concept of "shadow," or the forbidden and unacceptable feelings and behaviors each of us experience.

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