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Read Découvrir et accueillir sa part d'ombre Mireille Rosselet-Capt le livre en ligne PDF EPUB mobi, Selon le psychiatre Carl Gustav Jung, notre personnalité est constituée de trois instances : le Moi ; la Persona (l'ensemble des rôles sociaux) et une identité « cachée » : l'Ombre.

La compréhension et l'intégration de l'Ombre (qu'elle soit personnelle, familiale, communautaire ou nationale) devient un enjeu crucial pour l'avenir. Se voir comme « tout bon » et rejeter les autres comme « tout mauvais » est stérile ; il s'agit de découvrir des moyens originaux d'intégrer notre part obscure à notre part lumineuse, pour constituer un nouvel équilibre.

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