



To Live In The World As Ourselves

Sally V. Keil

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Sally V. Keil envisions some of Carl Jung's most important discoveries for today's world, to guide us in our relationships, in the kind of work we can do successfully and most of all, in living according to our own innate nature, without apology. From the very first page we find easy-to-understand psychological insights we can apply to ourselves and use in every situation and with every person we encounter. In his years as a doctor, Jung noticed that people orient themselves toward their circumstances in different but perceptible ways. These different types of people were found among peasants and laborers, as well as among the educated and aristocracy, among both men and women and among children as well as adults. Jung gave these individual dispositions names and wrote about them as typology, which he used in his relationships with others, speaking in the language suited to their nature. As Keil describes so accessibly, Jung actually discovered a set of simple but fundamental dynamics as to how our psychology works to create our own ways of experiencing life. Once we understand these dynamics, we see ourselves, our relationships and our world in new ways. The book guides us as observers of ourselves and others, leading to self-awareness and from there to self-acceptance, potential for growth and more harmonious relationships. We learn how to enhance our natural talents, appreciate one another, nurture commonalities and find hidden functions that endow our lives with an intensity and beauty not found elsewhere. We discover that a life lived according to our own nature brings satisfaction and joie de vivre.

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