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# Hauntings: Dispelling The Ghosts Who Run Our Lives



## Synopsis

"James Hollis is the most lucid thinker I know about the complexities and complexes that interfere with living a full life. . . . He is one of our great teachers and healers." Stephen Dunn, Pulitzer Prize-winning poet

What does life ask of us, and how are we to answer that summons? Are we here just to propagate the species anew? Do any of us really believe that we are here to make money and then die? Does life matter, in the end, and if so, how, and in what fashion? What guiding intelligence weaves the threads of our individual biographies? What hauntings of the invisible world invigorate, animate, and direct the multiple narratives of daily life? In *Hauntings*, James Hollis considers how we are all governed by the presence of invisible forms—spirits, ghosts, ancestral and parental influences, inner voices, dreams, impulses, untold stories, complexes, synchronicities, and mysteries—which move through us, and through history. He offers a way to understand them psychologically, examining the persistence of the past in influencing our present, conscious lives and noting that engagement with mystery is what life asks of each of us. From such engagements, a deeper, more thoughtful, more considered life may come.

## Book Information

File Size: 1598 KB

Print Length: 176 pages

Simultaneous Device Usage: Unlimited

Publisher: Chiron Publications (July 17, 2013)

Publication Date: July 17, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00E0L84BC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #226,299 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Movements > Jungian #112 in Books > Medical Books > Psychology > Movements > Jungian

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## Customer Reviews

In a powerful assimilation and enhancement of his previous work, Dr. Hollis creates a concise masterpiece of depth psychology and wisdom for the soul. 'Haunting: Dispelling the Ghosts who Run Our Lives', didn't want to be born. After 13-previous books on soul development and Jungian psychology, James Hollis thought he was done writing. His highly regarded oeuvre, teaching and popularity as a Jungian lecturer have secured him a permanent place as a pioneer and guide to depth psychology and Jungian thought. But Hollis has always tried to help people. While some see him as a "therapist's therapist" or professor, he is first and foremost a healer, encouraging those around him to improve their lives to pursue their individual growth and development. In the tradition of a true Jungian, Hollis teaches, shares and writes about what he has experienced himself. Whether it is the grief of surviving his son's death, experiencing a breakdown at midlife or simply coping with the stresses of modern life, Hollis heals most effectively because of his own experiences. 'Haunting' gathers many of his most powerful threads and collects them in an effort to identify and exorcise the archaic ghosts that haunt our lives. For example, I am 50-years-old and 75 pounds overweight. In most areas my life is "together." I love my son, friends and other family, I consciously want to live, yet I commit suicide on the installment plan one plate of nachos with extra sour cream at a time. Whether the "ghost" that haunts me is a belief that "I'm not good enough," "I can't risk failure," "I don't deserve to be sexually attractive," there is something deep in my being that neither self-will, Jenny Craig or Nutrisystem have successfully cast out.

In his latest book, Hauntings: Dispelling The Ghosts Who Run Our Lives, Dr. James Hollis reminds us that our past is not truly past us. Our familial influences, life-altering traumas, and individual wounds follow us to the grave. There are powerful stories shared in Hauntings. Many important psychological subjects such as guilt and shame, complexes and projections are also discussed. In Hauntings Dr. Hollis writes about how our familial histories - whether good or bad or a mix - make for permanent complex charges within us. If we remain unconscious or oblivious to the power these both known or unspoken histories hold over us, we are more likely to make bad choices in our lives. Worse, we will live a life of desperation, despair or meaninglessness. Dr. Hollis' books are consistently an invitation to explore our nature and our unconscious motivations. In Hauntings he shares some deeply touching and personal stories from his own history. He also explores the darker parts of our ego self which - if we do not claim its shadows - will torture us even somatically until we

learn to acknowledge and surrender our neurotic, inflated or narcissistic persona. He offers when we examine these behaviors consciously we will be more likely to take responsibility for and manage the behaviors accordingly so we don't damage ourselves or others. He writes that these hurts can take on a generational theme of enormous agony. Dr. Hollis reiterates that while it's lovely to be "nice" it is far better to be "real." But, for our wounds to be healed they must first be acknowledged. This authentically written book encourages psychological bravery and inspires us not to remain a prisoner or a victim of what "happened to us."

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