

VERENA KAST



SISYPHUS

*A Jungian Approach to
Midlife Crisis*

HOMER

Sisyphus The Old Stone A New Way A Jungian Approach To Midlife Crisis

Verena Kast



Sisyphus The Old Stone A New Way A Jungian Approach To Midlife Crisis:

Sisyphus - The Old Stone, A New Way Verena Kast, Verena Kast refers to Sisyphus as the myth of the forty year olds who often experience their lot in life to be a Sisyphus task Are our human efforts all in vain or is there some meaning to be found In the end it is a struggle with death itself Dr Kast interprets everyday events fairy tales and psychotherapy issues in light of the Sisyphus theme rendering it a kaleidoscope through which we can look deeply into ourselves Verena Kast deals with a problem that also fascinated Nietzsche and Freud This book is packed with down to earth experience clinical anecdotes wit and insight Murray Stein **Reading Goethe at Midlife** Paul Bishop,2020-07-13 This book explores the history of the idea of the midlife crisis using the writings of C G Jung and Goethe to investigate its relevance for today Tracing how the ages of humankind became the stages of life in which the midlife crisis represents a pivotal moment Paul Bishop offers a detailed analysis of a paper by Jung on this subject He then shifts the focus to Goethe s interest in Orphic wisdom and one of Goethe s major later poems Primal Words Orphic Urworte Orphisch Using Jungian ideas to explore the psychological implications of this poem Bishop draws on Goethe s own commentary and other background material to uncover its vital message Reading Goethe at Midlife reveals the remarkable symmetry between the ideas and Jung and Goethe Jung s analysis of the stages of life and his advice to heed the call of the self are brought into the conjunction with Goethe s emphasis on the importance of hope showing an underlying continuity of thought and relevance from ancient wisdom via German classicism to analytical psychology At a time when many Jungians are turning to neuroscience to provide an external underpinning for Analytical Psychology this scholarly book is very welcome it returns to psychology s home territory placing Jung firmly in a long cultural tradition Impressively well read in many fields extending from literature and the history of ideas to psychoanalysis and Jungian studies Paul Bishop allows a text by Jung and a late poem by Goethe to mirror and enhance each other demonstrating Jung s intellectual proximity to the tradition of German classicism The wealth of amplifications that Bishop brings to the many themes treated allows us to experience a living reality a continuity of ideas across different times and cultures Jungian Reflections on September 11 Luigi Zoja,Donald Williams, Seldom has an event in the world had such a pervasive and all encompassing effect as the brutal terrorist attacks on New York and Washington in September 2001 Has our world become a different place as a result If so in what ways Along with the tragic aspects what might this global nightmare have to give us the human inhabitants of this world What is there for us to acknowledge and what old and new wounds have been opened Beyond the obvious scars what sort of a legacy has it left behind These big questions and many more face us now in the aftermath In this book the highly complex incident of 911 is circled and examined from many angles by a variety of writers who all share a training in depth psychology What might a psychotherapist or depth psychologist perceive in this eruption of shocking contents Contents September 11 Transatlantic Reflections by Luigi Zoja Islamic Terrorism by Wolfgang Giegerich The Motivation of Terrorists by Adolf Guggenbuhl Craig

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 Terrorism by Ann Belford Ulanov Stories About Stories by Donald Williams With a Preface by Robert Hinshaw **Jung and
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 the reader through the fundamentals of the psychology that underlies Jung s theory of myth He defines key terms and
 distinguishes dream from fantasy in psychological experience He then traces the lineage of Jungian theory from Jung through
 such disciples as Van Franz and Neumann to contemporary archetypal psychology By applying Jungian psychology to an
 array of myths to illustrate core concepts of this theoretical tradition Walker fills a conspicuous gap in the current literature
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