

“Jung



at heart”



Choice Extracts from books by:

Marie-Louse von Franz

Sylvia Brinton Perera

Edward F. Edinger

Marion Woodman

Anthony Stevens

J. Gary Sparks

James Hollis

Daryl Sharp

And more

# Sampler

The series **Studies in Jungian Psychology by Jungian Analysts** was started in 1980 to promote the understanding and practical application of the work of C.G. Jung.

There are now over 140 titles by 50 authors. Over three million books have been sold worldwide, with more than 300 editions in 30 languages.

This Sampler has excerpts from 20 titles by Inner City authors.

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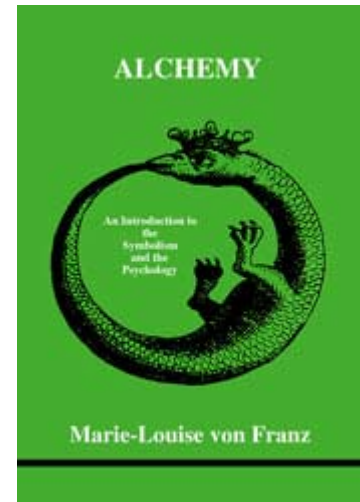
## **INNER CITY BOOKS**

is still the only publishing house in the world devoted exclusively to the work of Jungian analysts.

## Marie-Louise von Franz (Zurich)

*Alchemy:  
An Introduction to the  
Symbolism and the Psychology*

ISBN 878-0-919123-04-5 (1980)  
288 pp. \$40



It was the genius of C. G. Jung to discover in the “holy technique” of alchemy a parallel to the psychological individuation process. This book, by Jung’s long-time friend and colleague, completely demystifies the subject.

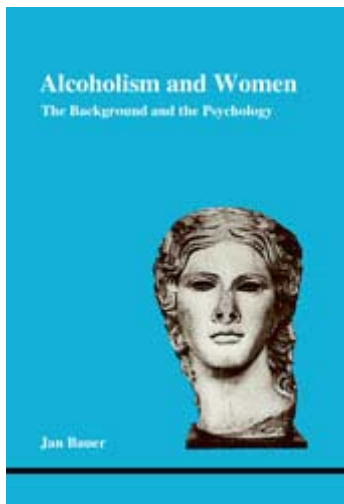
Designed as an introduction to Jung’s more detailed studies, and profusely illustrated, here is a lucid and practical account of what the alchemists were really looking for — emotional balance and wholeness.

Once again, Marie-Louise von Franz demonstrates her remarkable gift for translating esoteric symbolic material into everyday experience. For the images and motifs that so occupied the alchemists were of an archetypal nature, and as such they constantly turn up in modern dreams and drawings.

This is an important book, invaluable for an understanding of dreams and indispensable for anyone interested in relationships and communications between the sexes.

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## Jan Bauer (Montreal)



*Alcoholism and Women:  
The Background and the Psychology.*

ISBN 978-0-919123-10-6 (1982)  
144 pp. \$25

### From the author’s Preface:

When I was little and thought about what to do when I grew up, the important things were to understand, to do something in life, preferably helpful, and to get as far away as possible from where I was at that time. These fantasies were not surprising, for I grew up in an environment heavily affected by drinking and alcohol-related problems. As a child, however, I could neither understand, nor help, nor get away. It was only much later that I could begin to do all three.

During my years of training to be an analyst I was often struck by the similarities and parallels between the individual approach of Jungian analysis and the collective approach of Alcoholics Anonymous. Eventually it became a goal to somehow bring the two together in one work, showing how they could mutually support and complement each other in attempts to come to grips with the problem of alcoholism. This book is a product of that effort.

There are approximately 12 million alcoholic or problem drinkers in Canada and the United States. About third of these are women. Why do they drink? What are they looking for? Who are the women who choose alcohol as a “solution” to their problems, only to find themselves chosen by alcoholism? Have they anything in common?

This book explores these questions and many more, in an entirely original view of female alcoholism.

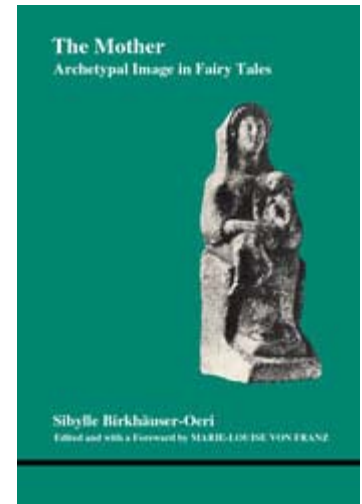
Sibylle Birkhäuser-Oeri (Zurich)

***The Mother:  
Archetypal Image in Fairy Tales.***

Edited by Marie-Louise von Franz

ISBN 978-0-919123-33-5 (1988)

176 pp. \$30



**From the Foreword by Dr. von Franz:**

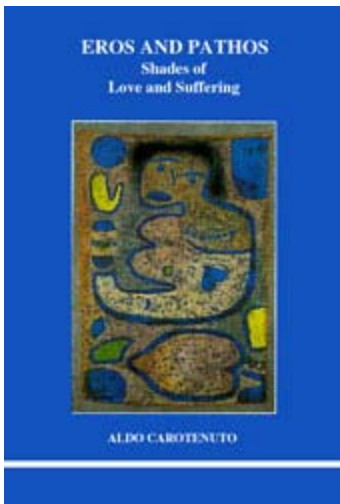
This extraordinary book illuminates the pervasive influence of the mother complex with particular reference to positive and negative mother figures in many well-known fairy tales, including *Snow White*, *Sleeping Beauty*, and *Hansel and Gretel*.

There are a variety of approaches to fairy tales—anthropological, literary, educational and so on—but to a psychologist the important question is, what can fairy tales tell us about the human psyche? The psychologist assumes that the images and motifs in fairy tales conceal a meaning not immediately obvious. This book uses the findings of Jungian psychology to unearth that meaning.

A fairy tale is an unconscious product of the imagination, just like a dream. The difference is that a fairy tale is not the creation of a single mind but of many, possibly of a whole people. In other words, it cannot refer to the problems of one individual only, and so has a much more universal character than most dreams.

In brief, fairy tales are evidence of a wealth of spiritual life which on the whole is no longer directly available to modern men and women.

Sibylle, in her eminently feminine way, and chiefly from the point of view of emotional experience, has here concerned herself with the question of the mother in the practical world as well as in the deeper regions of the human psyche. It was written with the intention of helping other people, and I am convinced it will do so.



**Aldo Carotenuto (Rome)**

***Eros and Pathos:  
Shades of Love and Suffering.***

ISBN 978-0-919123-39-7 (1989)

144 pp. \$25.00

**The author writes:**

Many years of analytic practice have made me familiar with life's two most overwhelming emotional experiences: love and suffering. Often we perceive them in ways that are distorted and disguised. It is as if we were all ashamed to admit that our souls are subject to burning with passion or breaking in anguish.

This book is about love and hate, pain, creativity, power, the need to balance outer life with the knowledge of our inner world. Knowledge of oneself and self-acceptance is the only basis for true relationship.

The underside of love is a tangled web that weaves together such strategic threads as deceit, betrayal and jealousy. A precise yet fleeting force, hate, connects these. The conflict between love and hate is always present in passionate relationships even if it remains unconscious. The interactions between these opposites may torment one, but they also constitute the secret energy source of life.

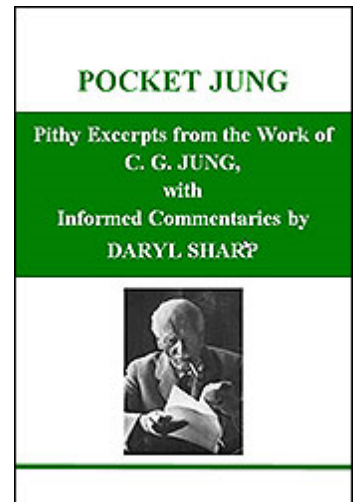


Daryl Sharp (Toronto)

*Pocket Jung:  
Pithy Excerpts from the Work of C. G. Jung,  
with Informed Commentaries by Daryl Sharp.*

ISBN 9781894574457 (2016)

128 pp. \$25



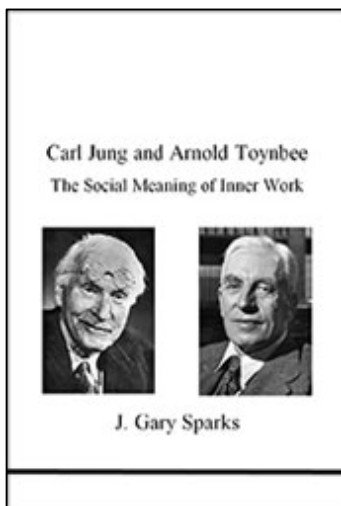
**The author writes:**

*Pocket Jung* is written for the general reader who may not be acquainted with Jung's own writings, many of which, intended for the specialist, are not easily understood by those who lack the technical knowledge that would enable them to appreciate the value and significance of Jung's researches.

In this book I have not attempted to present an exhaustive summary of Jung's approach to psychic reality. Rather I have tried to set forth some of the basic ideas on which his school of Analytical Psychology exists.

The material here was originally presented over the years to an educated group of women and men in Columbus, Indianapolis, San Francisco, Los Angeles, Vancouver, Winnipeg, Toronto and Zurich. My intention has been to capture the richness and breadth of Jung's thought, and to stimulate the reader to know more about Jung's work and school of depth psychology. Jung's primary aim was to raise the individual's level of consciousness, so that she or he not be prey to unknown unconscious forces, and that is my aim too.

Now read on and savour some of the best of C. G. Jung.



J. Gary Sparks (Indianapolis)

*Carl Jung and Arnold Toynbee:  
The Social Meaning of Inner Work.*

ISBN 978189457447-1 (2017)

160 pp. \$30

**From the author's preface:**

C. G. Jung is acknowledged to be the most visionary psychologist of the twentieth century, and A. J. Toynbee the most celebrated historian of his generation. This book explores what their teachings have in common.

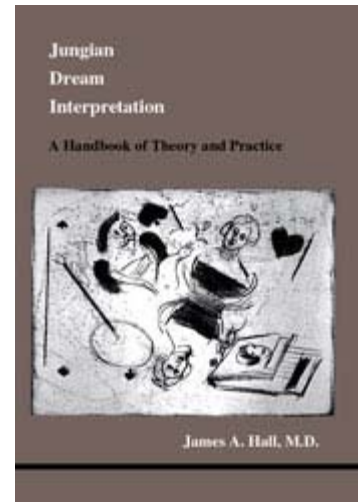
Before I dive into Toynbee's ideas and their connection to Jung's late reflections, I present an overview of both Toynbee's and Jung's lives, paying attention to how the same events shaped both men's work in a very similar vein, expressed at points in a comparable vernacular, though from a different, yet related perspective.

In any case, the convergence of their understanding is not well known, though its pertinence to civilized life is to my mind utterly indispensable - far too essential to linger fallow in obscurity.

**James A. Hall (Dallas)**

***Jungian Dream Interpretation:  
A Handbook of Theory and Practice.***

ISBN 978-0-919123-12-0 (1983)  
128 pp. \$25.00



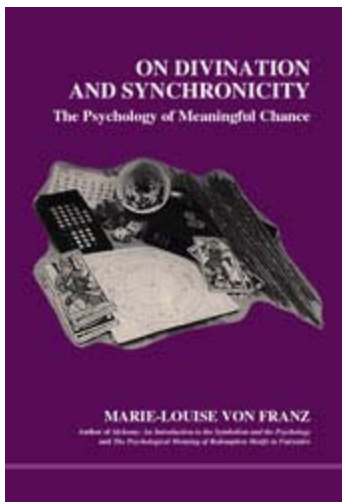
**The author writes:**

Dreams, called God's forgotten language by some, and messages from the devil by others, have long been seen as portents of the future or comments on the present. But the modern belief that dreams are intimately related to the personal psychology, attitudes and behaviour patterns of the dreamer owes much to the pioneering work of the Swiss psychiatrist C. G. Jung, perhaps the foremost colleague of Sigmund Freud in the early twentieth century.

Here is a comprehensive and practical guide to an understanding of dreams in light of the basic principles of Jung's school of Analytical Psychology.

Jung's model of the psyche is concisely described and discussed, with many clinical examples of dreams and how they may be interpreted in context.

Particular attention is given to common and recurring dream motifs — falling, flying, pursuit, houses, vehicles, mourning, end of the world, death, marriage, sexual images and traumatic dreams; the compensatory and purposive functions of dreams; dreams as prognostic of illness or physical change; and especially how dreams are related to the stage of life and individuation process of the dreamer.



**Marie-Louise von Franz (Zurich)**

***On Divination and Synchronicity:  
The Psychology of Meaningful Chance.***

ISBN 978-0-919123-02-1 (1980)  
128 pp. \$25

**From the preface by Daryl Sharp:**

“The late Dr. Marie-Louise von Franz (1915-1998), for many years a co-worker of C. G. Jung, was an acknowledged authority on the psychological interpretation of fairy tales, dreams, myths and alchemy. In this book, originally a series of lectures at the Jung Institute in Zurich in 1969, she turns her attention to the meaning of the irrational.

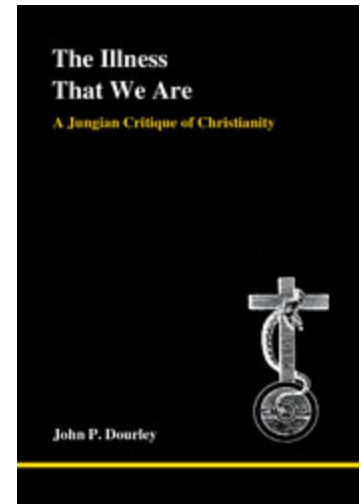
With penetrating insight von Franz examines the psychological background to time, number and methods of divining fate such as the I Ching, astrology, Tarot, palmistry, dice, etc., contrasting Western scientific attitudes with those of the Chinese and so-called primitives. In the process, she explains and illustrates Jung's ideas on archetypes, complexes, projection, psychic energy and above all, the concept of synchronicity.”

John P. Dourley (Ottawa)

*The Illness That We Are:  
A Jungian Critique of Christianity.*

ISBN 978-0-919123-16-8 (1984)

128 pp. \$25.00

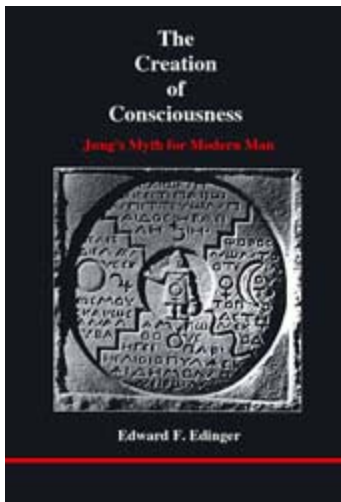


**From the introduction:**

Jung's critique of Christianity and his views on the current state of monotheistic consciousness have important implications for both clergy and the practice of pastoral psychology.

There is in Jung's work considerable support for arguing that those in positions of giving sustained spiritual direction to others should experience the truth of the unconscious through a personal analysis. An ideal implicit in his thought would be the emergence within Christianity of a conscious appreciation of the unconscious origin of symbols.

The fact that too often the analyst, and the analytic approach, must step in to provide what specifically Christian mediation does not, remains for Jung a testimony to Christianity's current impoverishment—in no small part responsible for the illness that we are.



Edward F. Edinger (Los Angeles)

*The Creation of Consciousness:  
Jung's Myth for Modern Man.*

ISBN 978-0-919123-13-7 (1984)

128 pp. \$25.00

**From Chapter One, "The New Myth"**

The essential new idea is that *the purpose of human life is the creation of consciousness*. The key word is "consciousness." Unfortunately, the experiential meaning of this term is almost impossible to convey abstractly. As with all fundamental aspects of the psyche it transcends the grasp of the intellect. An oblique, symbolic approach is required.

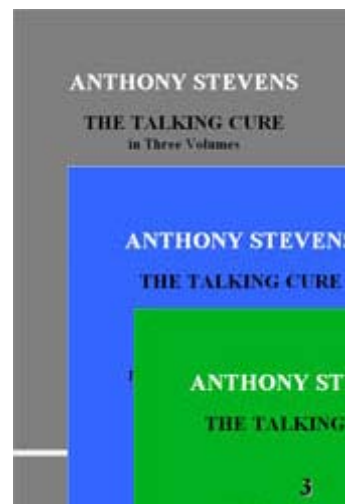
The union of opposites in the vessel of the ego is the essential feature of the creation of consciousness. Consciousness is the third thing that emerges out of the conflict of twoness. Out of the ego as subject versus the ego as object; out of the ego as active agent versus the ego as passive victim; out of the ego as praiseworthy and good versus the ego as damnable and bad; out of a conflict of mutually exclusive duties—out of all such paralyzing conflicts can emerge the third, transcendent function which is a new quantum of consciousness.

The process whereby a series of psychic contents — complexes and archetypal images — make connection with an ego and thereby generate the psychic substance of consciousness is called *the process of individuation*. This process has as its most characteristic feature the encounter of opposites, Thus we can say that whenever one is experiencing a conflict between contrary attitudes or when a personal desire or idea is being contested by an "other," either from inside or outside, the possibility of creating a new increment of consciousness exists.

Anthony Stevens (Corfu)

*The Talking Cure:  
Psychotherapy, Past, Present and Future.*

978-1-894574-38-9 (2013)  
3 vols. \$25 each, or all 3 for \$50



**From the back cover:**

Psychoanalysis and its many psychotherapeutic offshoots have been a major influence in twentieth-century cultural life. Yet dynamic psychotherapy now finds itself in grave crisis as a result of the intellectual shipwreck of its founder, Sigmund Freud. Since Freudian theory has been discredited, shown to be largely without empirical basis, what is to stop the whole psychotherapeutic edifice from collapsing into the quicksand on which it is built?

In *The Talking Cure*, an immensely readable and informative overview in three volumes, Jungian analyst and psychiatrist Anthony Stevens describes how the major schools of psychodynamic theory grew out of the psychology of their charismatic founders, and have subsequently turned into exclusive and mutually hostile rival “sects.”

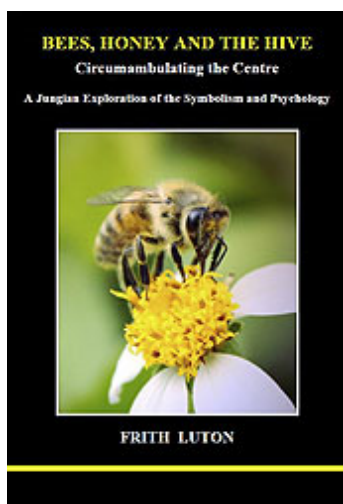
Stevens argues that the best hope for the future lies in research to determine the positive therapeutic ingredients that most methods have in common. This, combined with the kind of undogmatic, open-minded humanity advocated by C. G. Jung, could lead to the adoption of a new paradigm capable of transcending the differences between them—an evidence-based approach adopted by the new breed of “evolutionary psychotherapists.”

***The Talking Cure* in 3 volumes (128 pages each; \$25 each or \$50 for all 3):**

Volume 1. The Founding fathers — Sigmund Freud and C. G. Jung.

Volume 2. Warring Egos — Object Relations and John Bowlby’s Attachment Theory.

Volume 3. The Way Ahead — Jung and the New Paradigm, Evolutionary Psychotherapy.



Frith Luton (Melbourne)

*Bees, Honey and the Hive:  
Circumambulating the Center.*

ISBN 978-1-894574-32-7 (2011)  
208 pp. \$30.00

**From the back cover:**

The symbolism of bees, honey and the hive intertwine, but at the core is the imagery of circumambulation of the center. For bees, this is a dynamic in the service of the queen bee and the preservation of the hive. In depth psychological terms, circumambulation is linked with mandala symbolism or the archetype of inner order, an archetype that

Jung thought was perhaps the most important.

This work explores the alchemical union of opposites through symbolism related to the life and nature of the bee. Luton brings together her practical experience as a beekeeper and insights gained in her work in depth psychology.



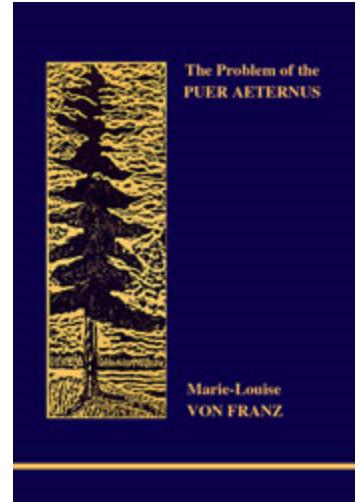
Marie-Louise von Franz (Zurich)

*The Problem of the Puer Aeternus.*

3<sup>rd</sup> edition, ed. by Daryl Sharp

ISBN 978-0-919123-88-5 (2000)

288 pp. \$40.00

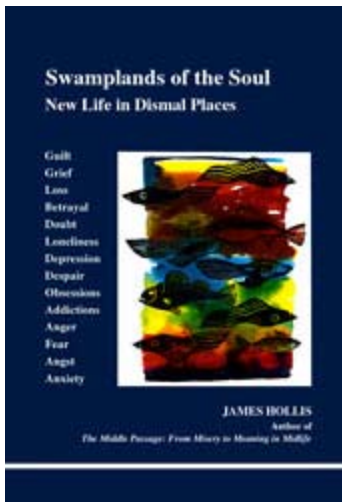


**From the back cover:**

In Jungian psychology the term puer is used to describe a certain type of man - charming, affectionate, creative and ever in pursuit of his dreams. These are the men (and women too, called puellas) who remain adolescent well into their adult years, generally full of life yet strangely draining to those around them. We have worked with them, loved them, and watched them wave good-bye.

It is impossible to overstate the influence on both men and women of this classic study based on *The Little Prince* by Antoine de Saint-Exupéry. Originally a series of lectures at the Zurich Jung Institute in 1959-60, it is Jungian psychology in its most down-to-earth voice. Von Franz tells it like it is so accurately and with such a depth of understanding that it is still much in demand even though it has been out of print for many years.

This new edition, endorsed by Dr. von Franz, features a bibliography and an extensive new index by the editor.



James Hollis (Washington, D.C.)

*Swamplands of the Soul:  
New Life in Dismal Places.*

ISBN 978-0-919123-74-8 (1996)

160 pp. \$25.00

**From the back cover:**

Is the purpose of human life to achieve happiness? Who does not long to arrive some distant day at that sunlit meadow where we may live in pure contentment? Yet much of the time we are lost in the quicksands of guilt, grief, betrayal, depression and the like. Is this all we can hope for?

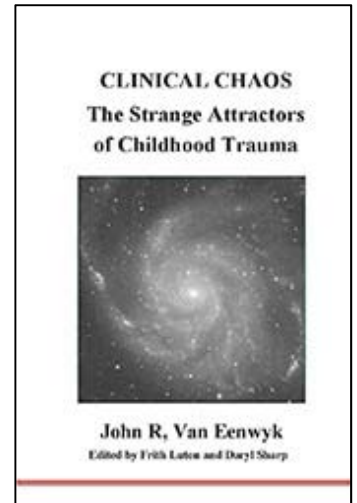
Perhaps not, writes James Hollis, acclaimed author of *The Middle Passage: From Misery to Meaning in Midlife*. The Jungian perspective, by encompassing both the meadow and the bog, assert that the goal of life is not happiness but meaning. And meaning, though it may not be all sunlight and blossoms, is real.

*Swamplands of the Soul* explores the quicksands where we have all floundered. It lights a beacon by showing what they mean in terms of our individual journey and the engendering of soul. For it is precisely where we encounter the *gravitas* of life that we also uncover its purpose and who we are meant to be.

**John R. Van Eenwyk**

***Clinical Chaos:  
The Strange Attractors of Childhood Trauma.***

ISBN 9781894574372 (1984)  
192 pp. \$30.00

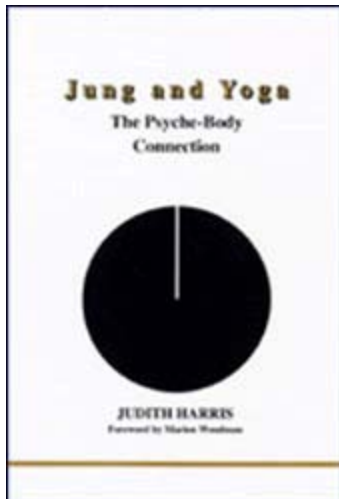


**From the back cover:**

*Clinical Chaos* is a significant sequel to the author's previous book in this series, *Archetypes and Strange Attractors: The Chaotic World of Symbols*.

The author's in-depth knowledge of trauma, gleaned from forty years of analytic experience, shines through in this book, as does his compassion for the formidable challenges we all face on our journey of individuation.

With multiple case examples showing how theory may appear or be applied in the consulting room, *Clinical Chaos* is not only the first book on the subject, but quite simply the most important contribution to the logistics of trauma ever written from a Jungian perspective.



**Judith Harris**

***Jung and Yoga:  
The Psyche-Body Connection.***

**Foreword by Marion Woodman**

ISBN 978-0-919123-95-3 (2001)  
160 pp. \$25.00

**From the back cover:**

*Jung and Yoga* is an in-depth study of the parallels between yoga practices and Jungian analysis, and the implications of both for spiritual and psychological growth. It is an eminently practical approach to the subject that, on the one hand, focuses on the understanding of Jung's ideas as they may be experienced through bodywork, and, on the other, offers a new psychological perspective to practitioners of bodywork.

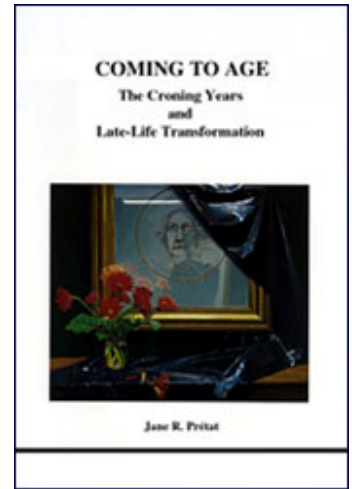
*The author* writes: "Many of us have endured a life not-yet-lived. In the mysterious place between the opposites, previously hidden energy brings psyche and body together, uniting them in the sacred union that gives birth to new consciousness and the gift of a life fully lived."

**Marion Woodman**, celebrated author of *Addiction to Perfection* and *The Pregnant Virgin*, writes: "Judith Harris goes to the heart of darkness to find the new light. . . . *Jung and Yoga* is a gem and a genuine contribution to twenty-first century medicine."

Jane R. Prétat (Portsmouth, R.I.)

*Coming To Age:  
The Croning Years and  
Late-Life Transformation.*

ISBN 978-0-919123-63-2 (1994)  
144 pp. \$25.00



**From the back cover:**

Modern health care, nutrition and body awareness have made it possible to prolong not only our lives but also our vitality. Yet when we realize that we are beginning to measure our lives in terms of the time left until death, our zest for life may vanish.

For those acculturated to value the beauty, sexuality and style of young adulthood, later life can be a difficult time. There is a pressing need for a deeper wisdom that can help older persons to honour their age instead of envying the charms of youth; how to welcome rather than deny the relinquishings and transformations — physical, psychological and spiritual — that precede a late blooming. Yet there is little information and support available on living creatively through these radical changes.

Where then can we look for knowledge? How do we find affirmation for the difficult work of our croning years?

*Coming To Age* presents a much-needed psychological understanding of inner events that occur during the important years between middle age and the end of life. It is a book especially relevant for women, with chapters on the transformational experiences of C. G. Jung and the singular lessons of the Greek Demeter-Persephone myth.



Margaret Eileen Meredith (Toronto)

*The Secret Garden:  
Temenos for Individuation.*

ISBN 978-1-904574-12-9 (2005)  
160 pp. \$25.00

**From the back cover:**

This fascinating study grew out of the author's abiding interest in gardening as a metaphor for the process of individuation. It circumambulates the psychology and rich symbolism associated with gardens and secrets, with particular reference to *The Secret Garden*, the much-loved novel by Frances Hodgson Burnett.

We read here of the reality of the psyche, the importance of symbols, imagination and play in the pursuit of self-knowledge. We learn about sacred time and sacrifice, and how these relate to the analytic process. We learn of gardening "Magic," of rituals and how to address our fallow periods —times we feel flat and uncreative. We are reminded of how the mysterious transcendent function may manifest in our sudden darkest hour. *We read here of soul.*

Many more motifs associated with gardens, secrets and the process of individuation are explored here, with dream examples and a summary of the Burnett novel, never out of print since first published in 1911.