



The Dynamics of Symbols: Fundamentals of Jungian Psychotherapy (Fromm Psychology)

By Verena Kast

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Editorial Review

From Library Journal

Kast (psychology, Zurich Univ.) here explains Jung's concept of the individuation process in humanity, which states that the individual's goal is to discover who he or she really is. As Kast explains, "A major part of the process is self acceptance, acceptance not only of all of one's possibilities, but also of one's difficulties; these are essential because to a significant degree they comprise our uniqueness. Accepting one's self, one's possibilities as well as one's difficulties, is a basic virtue that is to be realized in the individuation process." The author presents a clear understanding of Jung's concept of the symbol, the archetype, and the process of self-realization. The work is aimed at informed lay readers, although general readers should have little trouble reaching a basic understanding of Jungian depth psychology.

- *James F. Wood Sr., Hillsborough Community Coll. Lib., Tampa, Fla.*

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Users Review

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John Lopez:

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