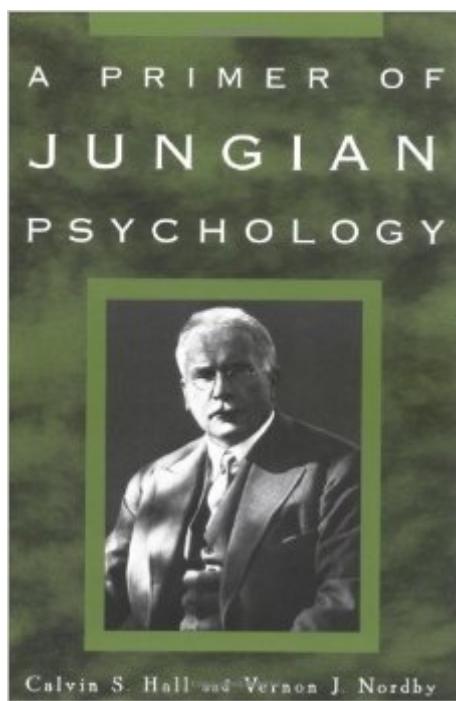


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# A Primer Of Jungian Psychology



## **Synopsis**

The contributions of Carl Jung to understanding of the human psyche are immense. Starting as Freud's most famous disciple, Jung soon broke away from his mentor to follow his own lines of investigation and discovery. Many of Jung's ideas are now considered fundamentals in the study of the mind, but other, more controversial theories dealing with the psychological relevance of alchemy, ESP, astrology, and occultism are only now being seriously examined. This condensation and summary of Jung's life and work by two eminent psychology professors is written with deep understanding and extraordinary clarity and, along with its companion volume, *A Primer Of Jungian Psychology* is essential reading for anyone interested in the hidden depths of the mind.

## **Book Information**

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## **Customer Reviews**

This is an indispensable book for anyone beginning their studies in Jungian psychology. At 140 pages in length, the text is an easy read with no wasted words and no convoluted passages to unravel. It addresses Jung's entire system and provides succinct, memorable summaries of each concept. The Book is broken up into seven chapters: 1. Carl Gustav Jung (biographical background) 2. The Structure of Personality (the psyche, conscious, personal unconscious and collective unconscious) 3. The Dynamics of Personality (psychic energy and values, the principles of equivalence and entropy, etc.) 4. The Development of Personality (individuation, transcendence and integration, etc.) 5. Psychological Types (thinking, feeling, sensation, and intuitive) 6. Symbols and Dreams 7. Jung's Place in Psychology. For more eminently readable Jungian psychology, try Marie-Louise von Franz.

This book is so clearly written that reading it becomes a numinous experience. Dr. Jung's unique knowledge of universal themes in myths, tales, and dreams, and of alchemy, and Eastern philosophy brings, together with the scientific Western approach, new elements to the understanding of the human psyche. Consequently, I would say that this analytic psychology's chief aim is individuation and self-realization. Hall and Nordby address this matter very lucidly showing the importance of transcendence and integration in the process of individuation. Indeed, this process is one of self-knowledge, "Education is drawing out from the person, something that is already there in a nascent state, and not the filling up of an empty container with academic knowledge" (p.83). Altogether, this book is a comprehensive work addressing concepts such as; the collective unconscious, archetypes, complexes, the shadow, introversion and extroversion, and it even includes a brief description of synchronicity. Undoubtedly, it is worth reading,

This book is absolutely wonderful; it defines all of Jung's major psychological contributions in layman's terms. A very, "to the point" book with minute, clear examples in each area.

"The Primer of Jungian Psychology" is an excellent start for any one curious about who Carl Gustav Jung was and his theories/concepts of the human psyche. It is a well-written, easy-to-read (though some of his concepts may take some time to wrap your brain around; don't let that deter you) book that gives the reader enough explanation of Jungian Psychology without drowning the reader in a purely academic treatise and detail. If you don't know C.G. Jung or are unsure about his contributions and work, start with this book and decide from there.

Although it may be rather brief, this book does an excellent job with introducing people to the basics of Jungian psychology. For people beginning to learn about Jung's theories, I think this is one of the best starting points, and after reading it I've had a good basis to continue learning more about this subject. It's well-written, easy to understand, provides real-life examples to clarify concepts, and the information is organized in a logical sequence. Altogether it is a wonderful overview.

I've never had that much of an interest in psychology, though recently I took an interest in looking at Jung's work because I found myself constantly running into his name via brief mentions by various philosophers and theologians. I found Calvin Hall's text to be very well written and easily understood. Overall, I would say I came away from the book with a little more understanding of exactly who Jung

was and what some of his major contributions were.

It's a waste of money. Get it at the library, instead. The informational contents are minimal. The paper is of the lowest quality causing the contrast to be very low and very difficult to read. A much better introduction is "What Jung Really Said" by E.A. Bennet, ISBN: 0805210466.

Having brushed up on my Freud using Hall's other Primer, I moved on to Jung, who always strikes me as the psychological equivalent of a tarot card reader. That said, I'm far more willing to buy into his theories of balanced opposing forces than I am into Freud's grand conviction that I spent my childhood wanting to make out with my Dad. As with his Primer of Freudian Psychology, Hall (this time with co-author Vernon Nordby, which has to be one of the great unused hero names of 19th century novels) provides a brief overview of Jung's personal and professional life before launching into a dispassionate examination of his psychological theories and his impact on "modern" (as of 1972 anyway) psychology. Perhaps I'm more inclined to ascribe to Jung's beliefs since he comes off, even in this brief overview, as far more erudite than Freud, open to both other lines of inquiry and to life experience in a way that Freud, locked in his office in Vienna, never seemed to be. I'm also inclined to wonder just how Jung would feel about the continued popularity of the Myers-Briggs personality types, which are a rank bastardization of his work. Overall, this is another great intro by Hall (and Sir Vernon Nordby!), well-organized and lucidly written, but only the tip of the Jungian iceberg. Best for beginners, or those simply looking for a brush-up.

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