



# Shadow Work: A New Guide to Spiritual and Psychological Growth

*Michael Ruth*

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# Shadow Work: A New Guide to Spiritual and Psychological Growth

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**Shadow Work: A New Guide to Spiritual and Psychological Growth** Michael Ruth

*Shadow Work* will help you:

Understand how the personal shadow is an integral component of your personality

See how the collective shadow affects society and its systems (including families)

Learn how to grow toward increasing psychospiritual maturity

Read about how others have "fought the good fight" and won

Discover how the novel *Dr. Jekyll and Mr. Hyde* relates to our contemporary struggle for growth

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