



Self-Discovery the Jungian Way: The Watchword Technique

Michael Daniels

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"Self-Discovery the Jungian Way" describes a new technique of self-analysis based on the psychological theories of Carl Jung. The technique will enable you to identify your psychological type and to explore the structure and dynamics of your personality. In learning to differentiate the various forces and tendencies operating within the psyche the way is made open for greater understanding of the self and personal relationships. Approached with care, the technique may also be used to guide the individual along the difficult path towards the ultimate goal of self-realization or individuation. Fun and easy to use, the book enables readers to assess and interpret their results following simple guidelines that require no numerical scoring. The technique allows not only the identification of your Jungian psychological type but also provides a method for working with the Jungian archetypes. This book should be of interest to general readers of Jung, psychologists and therapists.

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