



Under Saturn's Shadow: The Wounding and Healing of Men

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Saturn was the infamous Roman god who ate his children in an attempt to stop them from usurping his power. Men throughout history have been psychologically and spiritually burdened by the Saturnian legacy, suffering from the corruption of empowerment, driven by their fear of women and other men, and wounding themselves and others. These and many other issues are addressed, suggesting concrete ways in which men may reclaim their sense of personal integrity.

Under Saturn's Shadow: The Wounding and Healing of Men Details

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From Reader Review Under Saturn's Shadow: The Wounding and Healing of Men for online ebook

Ronald Long says

I found this an amazing and powerful book, that speaks directly to the challenges of being a male in our modern, industrialized world. Certainly it spoke strongly to me.

I'd love to say "everyone - well - at least men" should read this book, but certainly see how it might be daunting for someone being exposed to Jung's ideas for the first time, since it assumes that a fair number of words/concepts are understood.

If you a man, and familiar with Jung's ideas, I'd say it's a must read. If you're not familiar with Jung, there are better place to start.

Matt says

This book really got me thinking about men's lives and what's missing. Several things stuck with me, for example, the rites of passage and what they all had in common in tribal societies. The author shared his own experience with football and compared that to ritual scarring. It really spoke to my own experience with MMA.

I also liked that the internal battles were respected more than the external battles. And I find myself agreeing with his point-of-view that political movements aren't nearly as important as inner work and outer honesty.

Larkin Tackett says

This book popped up in an interview of author Neil Strauss in Tim Ferriss' Tribe of Mentors and we're reading it in the neighborhood Man's Book club. An academic, psychologist, and acolyte of Carl Jung, the author James Hollis writes, "Men's lives are as much governed by role expectations as are the lives of women. And the corollary is that those roles do not support, confirm, or resonate to the needs of men's souls." Although none of the arguments are new and I don't totally buy the level of emphasis Ellis and other Jungian thinkers put on the subconscious and archetypal power relationship between a child and their mother and father, the book is an indictment of men as a sex. Not only do we die earlier, commit crimes, and abuse drugs at much higher rates than women, we don't deal with our emotions nearly as well (which are not surprisingly related). We do need a man's movement in this #metoo moment and this book raises a number of questions to help us get started.

Andrew Marshall says

Most men are under-fathered and over-mothered, that's the conclusion of Jungian Analyst James Hollis. I have read many of his books and they always have some profound ideas. At the heart of this one is that men give the women in their lives the responsibility for their emotional welfare (because they have not

completely left the shelter of their mother's hearth) and their fathers have not taught them the secrets of being a true man - beyond playing the narrow set of socially acceptable roles of provider and defender. The book has the eight secrets about men (which most men don't know or deny their truth) and seven steps to healing. I use it a lot with clients and I've yet to meet a man who does not find something in it profound. Here's just one of the notes that I took: most men's greatest fear is not death but not having truly lived their life. This book can help you start that journey of self-discovery.

Lisbeth Solberg says

Liked the literary quotes better than the main text. Became impatient with repetitive style. Discussion with bookies was interesting but lacked a male perspective.

Suhrob says

What I really enjoyed:

- Hollis seems like a nice guy with his heart in the right place
- The writing is deeply seated in (western) mythology and poetry - all the quotes and allusions were a great pleasure.
- I *think* I agree with the symptomatics. I don't know if it is complete, but sounds plausible

What I really not enjoyed:

- there are essentially no solutions here
 - Hollis himself seem quite bearish on therapy (he says it is very valuable, and very ineffective - not in these words)
 - several times he recounts dreams by clients 12+ months of therapy apart with next two no shift/improvement (?)
-

Drick says

Drawing on Jungian psychology, particularly his concepts of anima and animus, Hollis talks about the woundedness of men in relationship to the lasting impact of their father and mother. He offers his perspective on why men tend to be competitive to a fault, to hold in emotions, often feel depressed despite outward success, and the controlling and even abuse of women. As I read this book I found myself identifying with parts of it, and not connecting with other parts. On the other hand, I thought of many men who displayed some if not all the characteristics and behaviors he describes. Hollis is to be commended for raising up the fact that men are wounded as are women by some of our dominant cultural paradigms.

Vladimir Tsvetkov says

A profound book... about men

Sashko Valyus says

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Behrouz says

The book is a must read for all men, and is recommended for everyone. It sheds light to the common sufferings of all men and inner works need to be done for that. The only problem with the book is the relatively hard language that James Hollis chose to right the book on.

Alex says

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Shavawn Berry says

James Hollis's book, *Under Saturn's Shadow: The Wounding and Healing of Men*, is a must-read for both men and women who want to understand the shadow aspect of their relationships. Hollis traces the roots of men's fear in this book that uses depth psychology, dreams, anecdotes from Hollis's analyses, and symbolism to unpack the grief, wounding, and sorrow that men face due to a lack of male mentors and rites of passage to help them navigate adulthood. Because women have an easier time acknowledging their emotions, they are more likely to acknowledge and work on their shadows. Men -- according to Hollis -- are more likely to shut down in the face of tremendous grief or loss, rather than mine it for what it can teach them. His contention is that all men are wounded in one way or another. This is a beautiful book in that it offers those wounded men a way out of the wilderness of their pain. It helped me to understand several of the men in my life better, and for that I am truly grateful.

Pilgrim_girl says

A sibling book to 'Women who run with the wolves' by Clarissa Estes. It is very nice to read about problems or qualities that are attributed to one sex only. Both of them make brief apology somewhere in the beginning saying that the opposite sex might be in the same boat provided circumstances are similar. After that both continue talking about their favorite. But if you read both books together you might get some kind of a very peculiar 'stereo effect' =>

And a bit of a quote:

'The Eight Secrets Men Carry Within

1. Men's lives are as much governed by restrictive role expectations as are the lives of women.
2. Men's lives are essentially governed by fear.
3. The power of the feminine is immense in the psychic economy of men.
4. Men collude in a conspiracy of silence whose aim is to suppress their emotional truth.
5. Because men must leave Mother, and transcend the mother complex, wounding is necessary.
6. Men's lives are violent because their souls have been violated.
7. Every man carries a deep longing for his father and for his tribal Fathers.
8. If men are to heal, they must activate within what they did not receive from without.'

Highly recommended.

George Saakiantz says

Eye opening book on the mission of a man in life..

Sandy says

An excellent book for men to better understand their struggles and for the women who care about men. I recommend this book to male patients and encourage them to apply its principles to their lives. Hollis quotes Jung about the "too-small life" being the cause of much unhappiness:

"I have frequently seen people become neurotic when they content themselves with inadequate or wrong answers to the questions of life. They seek position, marriage, reputation, outward success or money, and remain unhappy and neurotic even when they have attained what they were seeking. Such people are usually confined within too narrow a spiritual horizon. Their life has not sufficient content, sufficient meaning. If they are enabled to develop into more spacious personalities, the neurosis generally disappears." (Memories, Dreams, Reflections, p. 140).

May we all, male or female, live the spaciousness of our lives fully.
