

# Shadow Magicians (MIT): Suggested Reading List

The following is a partial list of books & web resources relevant to the work we do in this course.

Alice Miller - a Jungian psychoanalyst focused on healing childhood trauma

- The Drama of the Gifted Child -  
<http://www.amazon.com/The-Drama-Gifted-Child-Revised/dp/0465016901>
- The Body Never Lies -  
<http://www.amazon.com/The-Body-Never-Lies-Lingering/dp/0393328635>
- For Your Own Good -  
<http://www.amazon.com/For-Your-Own-Good-Child-Rearing/dp/0374522693>
- Her website: <http://www.alice-miller.com/en/>

Joseph Campbell - a pioneer in comparative mythology and comparative religion

- [https://en.wikipedia.org/wiki/Joseph\\_Campbell](https://en.wikipedia.org/wiki/Joseph_Campbell)
- The Power of Myth -  
<http://www.amazon.com/The-Power-Myth-Joseph-Campbell/dp/0385418868>
- The Hero with a Thousand Faces -  
[https://en.wikipedia.org/wiki/The\\_Hero\\_with\\_a\\_Thousand\\_Faces](https://en.wikipedia.org/wiki/The_Hero_with_a_Thousand_Faces)

Robert Moore - Jungian analyst and professor at Chicago Theological Seminary

- King, Warrior, Magician, Lover (he identifies and describes here the 4 archetypes we use, albeit from a masculine perspective)  
<http://www.amazon.com/King-Warrior-Magician-Lover-Rediscovering/dp/0062506064>
- The Archetype of Initiation -  
<http://www.amazon.com/The-Archetype-Initiation-Robert-Moore/dp/073884764X>

Brené Brown (shame and vulnerability researcher)

- Two wildly popular TED talks:
  - [https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability?language=en](https://www.ted.com/talks/brene_brown_on_vulnerability?language=en)
  - [https://www.ted.com/talks/brene\\_brown\\_listening\\_to\\_shame](https://www.ted.com/talks/brene_brown_listening_to_shame)
- <http://brenebrown.com/>
- Daring Greatly -  
<http://www.amazon.com/Daring-Greatly-Courage-Vulnerable-Transforms/dp/1592408419/>

Emotional Intelligence:

- Karla McLaren - The Language of Emotions -  
<http://www.amazon.com/The-Language-Emotions-Feelings-Trying/dp/1591797691>
- Daniel Goleman - Emotional Intelligence -  
<http://www.amazon.com/Emotional-Intelligence-Matter-More-Than/dp/055338371X>

Robert Bly - one of the leaders of the men's mythopoetic movement

- Iron John - <http://www.amazon.com/Iron-John-Book-About-Men/dp/0306813769>
- A Little Book on the Human Shadow - <http://www.amazon.com/A-Little-Book-Human-Shadow/dp/0062548476>

Organizations addressing emotional literacy and shadow work:

- <http://www.ShadowWork.com> - they do work very similar to ours. Some useful material on their site (this is a for-profit company)
  - This short youtube series from a Shadow Work affiliate is EXCELLENT: <https://www.youtube.com/watch?v=nB6qWPMXOPQ&index=2&list=PLvgWYx0ae1cAiiORIRiy9tCWM0BE2RPrz>
- The ManKind Project: <http://www.mkp.org>, <http://newwarriortraining.org> (not for profit, men only) -- most our toolkit is adapted from MKP
- Woman Within: <http://womanwithin.org/> (not for profit, women only)
- Women in Power: <http://www.womeninpowerprogram.com> (not for profit, women only)

Miscellaneous:

- Ken Wilber - creator of Integral Theory (an attempt at a "theory of everything" and evolutionary spirituality)
  - <http://www.kenwilber.com/>
  - <https://integrallife.com/>
- Richard Rohr (Franciscan friar, does a great job of integrating this stuff and Christianity) - <https://cac.org>
- Meditation resources:
  - Mondo Zen - <http://www.MondoZen.org>
  - Sam Harris - Waking Up - <http://www.amazon.com/Waking-Up-Spirituality-Without-Religion/dp/1451636024>