



# Gods in Everyman: Archetypes That Shape Men's Lives

*Jean Shinoda, M.D. Bolen*

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## **Gods in Everyman: Archetypes That Shape Men's Lives** Jean Shinoda, M.D. Bolen

The companion volume to *Goddesses in Everywoman* reveals the powerful inner patterns, or archetypes, that shape men's personalities, careers, and personal relationships—offering a insights into Greek mythology, Jungian archetypal psychology, and into themselves and the people in their lives.

A Jungian analyst, Dr. Bolen introduces our inner patterns in the guise of eight archetypal gods. From the authoritarian, power-seeking gods (Zeus, Poseidon) to the gods of creativity (Apollo, Hephaestus) to the sensual Dionysis, Dr. Bolen shows men how to identify their ruling gods, how to decide which to cultivate and which to overcome, and how to tap the power of these enduring archetypes in order to enrich and strengthen their lives. She stresses the importance of understanding which gods you are attracted to and which are incompatible with your expectations, uncovers the origins of the often-difficult father-son relationship, and explores society's deep conflict between nurturing behavior and the need to foster masculinity.

In *Gods in Everyman*, Dr. Bolen presents us with a compassionate and lucid male psychology that will help all men and women to better understand themselves and their relationships with their fathers, their sons, their brothers and their lovers.

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