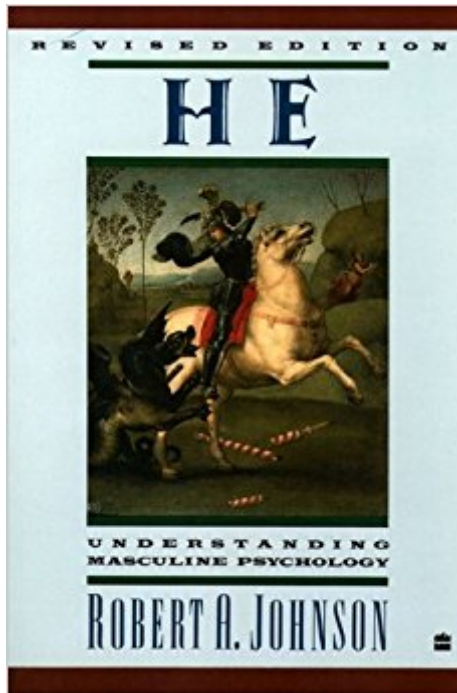




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# He: Understanding Masculine Psychology



## Synopsis

Robert A. Johnson, noted lecturer and Jungian analyst, updates his classic exploration of the meaning of being a man, and adds insight for both sexes into the feminine side of a man's personality.

## Book Information

Paperback: 83 pages

Publisher: Harper Perennial; Revised edition (November 1, 1989)

Language: English

ISBN-10: 0060963964

ISBN-13: 978-0060963965

Product Dimensions: 5.3 x 0.2 x 8 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 111 customer reviews

Best Sellers Rank: #54,207 in Books (See Top 100 in Books) #42 in Books > Medical Books > Psychology > Movements > Behaviorism #62 in Books > Science & Math > Behavioral Sciences > Behavioral Psychology #96 in Books > Medical Books > Psychology > Sexuality

## Customer Reviews

Robert A. Johnson, a noted lecturer and Jungian analyst, is also the author of *He, She, We*, *Inner Work*, *Ecstasy*, *Transformation*, and *Owning Your Own Shadow*.

For those wanting a deeper understanding of their relationship to God (Higher Power, Universal Truth), their role or archetype of the male, and their relationship to the female, their relationship to who they are, this is an important book. Johnson, a Jungian analyst, brings a deep understanding of the human spiritual relationship to his readers in his writing. Though writing from a Christian perspective his work can be recognized applicable from all faiths. I've read, so far, his books *Balancing Heaven & Earth*, and *He*; and find his thinking/writing comparable to Rabbi Abraham Heschel, *Man is Not Alone*. My personal evolution is more "layers of an onion-like (or leaves of an artichoke-like because there is a heart in the middle, as a friend says) than explosive. I see, sense and am living my life different from reading Johnson.

Thoroughly enjoyed this book. Read it through cover to cover in one sitting (only 90ish pages). Put my subconscious model of male development into worded form - in a very elegant way might I

add. As society gets more and more "advanced" men are being left in the dust, and to boot - with less means to grow by the fire. Most men will need to opt to the pages of the book to grow, and to do it consciously, instead of in ages past where it was done in ceremony. If you're one of these men (nothing wrong with admitting it, we all have our own paths) I highly recommend this quick read.

Myths and legends form powerful expressions of our humanity. It would seem that the most enduring of them are likely so powerful because they tap into some elemental truth of our humanness. If so, a deep reading of the story should illuminate ourselves. This is what Robert Johnson achieves in *He: Understanding Masculine Psychology*, a deconstruction and interpretation of the Grail story. Johnson, a psychologist with Jungian training interprets the tale of Parsifal's departure from his mother, arrival at Arthur's court, and search for the Grail. The Arthurian legends comprise a body of stories with multiple variations. The tales focus variously upon Arthur, the naïf knight, Parsifal (Percival), other knights, mentors, the ailing Fisher King, Queen Guenevere, other damsels and loathsome ladies. Johnson uses the French version, penned as an epic poem by Chrétien de Troyes, in the 12th century because it is the oldest. Being the oldest version, it is simpler, more direct, and closer to the subconscious. As we follow Parsifal through his adventures Johnson interprets them as life transitions for men. In the process we discover antecedents to *Lord of the Rings*, the *Star Wars* trilogy, and *Harry Potter*. At the end we understand that chasing happiness is ephemeral and true meaning and wholeness can only be attained through service to others. To get us there, I have a worry about the fidelity of Johnson's retelling of the story, the origins of which are lost in the mists of time. My leadership story here: *Turn the Ship Around!: How to Create Leadership at Every Level*

This book (*He*) answered for me the existential question I have been wondering in my life lately. The wound in men's lives that keep us from being happy and feeling that everything I have achieved has something missing in it. I have had women ask me why don't I just focus on being happy. Until you find the wound and heal it, happiness is fleeting. As it says, when you focus on giving yourself to something bigger than yourself, happiness can follow. When you focus on yourself and your happiness it disappears. This book touched my soul and helped me find more calmness. Highly recommended.

very powerful impact-full book about men and the conditions and experiences along with great mythology. really help me understand a lot of the conditions I have had in my life and gain

perspective and insight to be a better person human being father husband brother son.

The book is a brilliant examination of the masculine inner journey. A language for the inner quest is offered and landmarks demarcated. My take is that Johnson hits passport, and this is the real thing. Johnson is also versed in Eastern thought, so even though these inner quest archetypes are Western (Jungian), terms like "enlightenment" imply some Western translations of Eastern concepts. The one disappointment I experienced was that there is no follow-through that I could detect for some of the archetypes employed. Archetypes like the inner female inspiration (Blanche Fleur) or the inner female wisdom (Sophia) are brought up, examined, but it is never shown how they lead to the final destination, enlightenment.

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