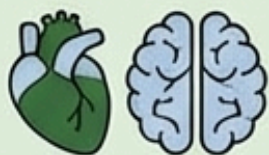


CARL JUNG'S ROAD TO HAPPINESS

Lessons for a Balanced and Meaningful Life, Based on a 1960 Interview



FACTORS FOR HAPPINESS (BASIC FOUNDATIONS)



Good Physical and Mental Health



Good Personal & Intimate Relationships
(Marriage, Family, Friends)



Perceiving Beauty in Art & Nature



Reasonable Standards of Living & Satisfactory Work



Philosophic or Religious Point of View
(Coping with Life's Vicissitudes)

Carl Jung valued these as essentials for a good life.

THE 6 THINGS TO AVOID (CARL JUNG'S WARNINGS)



Avoid Identification with the Persona

Don't confuse your social mask with your true self. Risk losing your authentic self.



Avoid Repressing the Shadow

Don't deny darker personality aspects; leads to neurosis/projection. Make the darkness conscious.



Avoid Imitating Others/ Following Dogma Blindly

Don't let ideologies replace inner experience. Silence is loud when you don't belong to yourself.



Avoid One-Sidedness

Don't overdevelop one function (e.g., intellect) at the expense of others (e.g., feeling). Strive for wholeness.



Avoid Disconnection from the Unconscious

Don't ignore this vital source of creativity and wisdom. Risk spiritual emptiness and illness.



Avoid Living Without Meaning

The greatest danger is living without purpose. "Lack of meaning is a soul sickness."

A meaningful life holds the paradoxes of life with compassion, curiosity, and a little adventure.

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