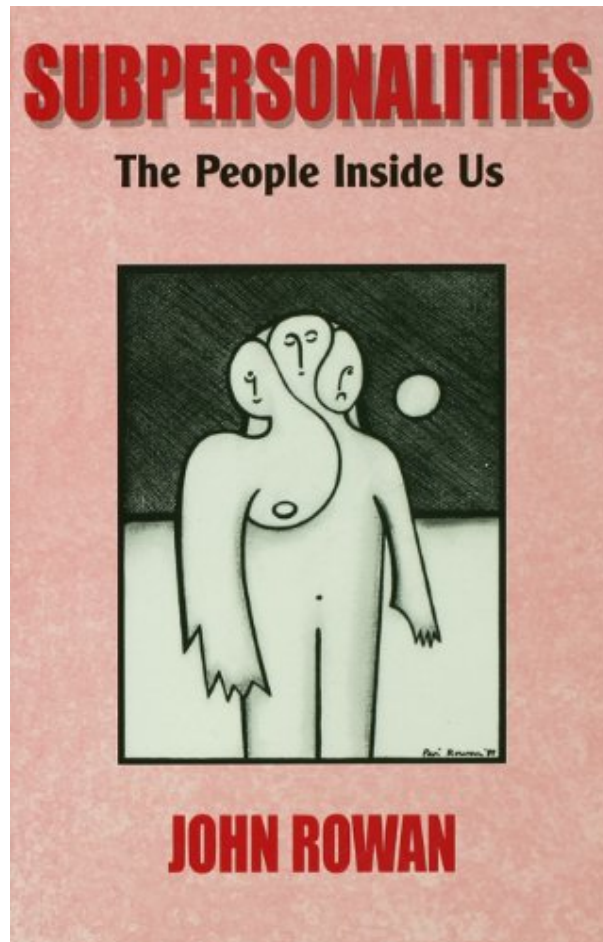


SUBPERSONALITIES: THE PEOPLE INSIDE US BY JOHN ROWAN



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Review

Here is one of those rare books which really can help the reader to know differently, and more comprehensively, himself or herself as well as other people.

–New Scientist

About the Author

John Rowan is the author of a number of books, including *The Reality Game: A guide to humanistic counselling and therapy* (2nd edition) (Routledge 1998), *Ordinary Ecstasy: The dialectics of humanistic psychology* (3rd edition) (Routledge 2001), *Subpersonalities* (Routledge 1990), *The Transpersonal in psychotherapy and counselling* (Routledge 1993), and *Healing the Male Psyche: Therapy as Initiation* (Routledge 1997). He has co-edited *The plural self. Multiplicity in everyday life* with Mick Cooper (Sage 1999). There are chapters by him in many other books on psychotherapy. He is on the Editorial Board of *Self & Society*, the *Journal of Humanistic Psychology*, the *Transpersonal Psychology Review* and the *Counselling Psychology Review*. He is a founder member of the Association of Humanistic Psychology Practitioners. He is a past member of the Governing Board of the UK Council for Psychotherapy, representing the Humanistic and Integrative Section. He is a Fellow of the British Psychological Society and a Fellow of the British Association for Counselling and Psychotherapy. He teaches, supervises and leads groups at the Minster Centre, where he is also the Middlesex University Link Tutor. His workshop interests are creativity, research, subpersonalities and the transpersonal. He has had six books of poetry published. He and his wife live in North Chingford, London: he has four children and four grandchildren from a previous marriage.

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SUBPERSONALITIES: THE PEOPLE INSIDE US BY JOHN ROWAN PDF

We all have had the experience of being divided, of being in two minds' about something - one part of us wants to do this, another wants to do that. Subpersonalities is the first book to do justice to the phenomenon as a normal feature of our psychological life. John Rowan argues that we all have a number of personalities that express themselves in different situations and that by recognising them we can come to understand ourselves better and improve our relationships with others. Anyone reading this book will run the risk of making quite new discoveries about themselves. In looking at where subpersonalities come from, John Rowan explores the work of psychologists and psychotherapists, from Jung and Freud onwards, and adds insights gained from his own work as a therapist and counsellor. He relates the journey of discovery that he himself undertook in search of his own subpersonalities. The result is a fascinating book that challenges our accepted view of ourselves and provides an intriguing picture of how human beings work and why communication between them so often goes wrong. Subpersonalities is a book for anyone interested in their own personality and how it helps or hinders their everyday life.

- Sales Rank: #953514 in eBooks
- Published on: 2013-04-15
- Released on: 2013-04-15
- Format: Kindle eBook

Review

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Most helpful customer reviews

53 of 54 people found the following review helpful.

Authoritative, clear, readable, and useful

By Peter Gerlach

I am a therapist, and have studied Rowan's topic for a decade. He has done an enormous service for lay and clinical people interested in a core phenomenon that affects us all - personality splitting. His book is a credible, well organized, well researched, relatively unbiased survey of what a wide range of mental health researchers have written about splitting in the last 150 years - including Freud, Jung, Fritz Perls, Virginia Satir, and many others. He concludes that - rather than having a single monolithic personality, most (all ?) of us have many "subpersonalities" that activate or slumber, depending on inner and outer circumstances. This confirms my own clinical and personal experience. The idea helps explain why we can "love" someone" and "hate" them at the same time - and diet in the morning, and binge in the evening.

The last chapter artfully weaves ideas of several major researchers to postulate an idea of human development that includes the path we each travel toward meaningful spirituality and our "transpersonal," or Higher Self. Rowan's synthesis of earlier theories is the most lucid and credible I've read in over 35 years' research.

Rowan is a well read social scientist, psychologist, and an experienced therapist. Anyone seriously interested in understanding themselves - and others - can profit by reading this intriguing book. Another, probably easier to find, is "Internal Family Systems Therapy," by Dr. Richard Schwartz.

Based on 19 years' experience, my own book on Rowan's subject focuses on a practical framework for "meeting" and harmonizing normal personality subselves under the expert guidance of the resident true Self:

"Who's *Really* Running Your Life? - free your Self, and guard your kids" (xlibris.com, 2nd ed, 2002).

To learn more about your subselves, see this free online course: [...]

6 of 6 people found the following review helpful.

Academic subpersonality

By Marcos P. E. Lins

Subpersonalities: The People Inside Us

As a management sciences and OR academic, I have been wondering about the ultimate driving forces of decision making in public and private productive organizations. This search led me to study the mind processes. Amongst personality research branches like Jung/MBTI MBTI Manual (A guide to the

development and use of the Myers Briggs type indicator) (3rd ed #6111), enneagram Understanding the Enneagram: The Practical Guide to Personality Types and Big 5 The Big Five Personality Factors, I found this innovative and enlightening book about our inner division. When living in UK last year I was told by John Rowan that there is a new trend to call this subject as "Dialogical Self". Well, I don't agree, because subpersonality reflects the phenomenon in all the extension: it is about our inner autonomous entities, which can take decisions by themselves, without even our knowledge. Despite admiring Herman's book The Dialogical Self in Psychotherapy, I stay with Rowan's subpersonalities. Recently Rita Carter published her Multiplicity Multiplicity: The New Science of Personality, Identity, and the Self, which testifies and spreads the good news. We become one as long as we are aware of our multiplicity. Is there a connection with management sciences? Yes indeed, since we change personalities in order to pretend to keep the apparent coherence. And doing so, we blindly criticize behaviors that correspond to our own conducts. Unconsciously we are afraid of being nothing behind our personalities, what we could only find out if we look at them from inside. What a huge effect over the economic behavior and productive cooperation it could have!

This, in short, was the kind of thought that the book arises in the practical reader.

With plenty of examples of subpersonality in everyday life, different kinds and origins of subpersonalities, Rowan's book is really insightful and extensively referenced.

5 of 5 people found the following review helpful.

A clear Introduction

By Dr. John Laughlin

This is a very good introduction to the area of subpersonalities including the major contributors, history of the theory beginning with Freud's id, ego, superego, finding your own subs and learning how to work with them toward intergration, or what Jung called Wholeness.

Once you see how close other theories are to this, you find yourself asking, why didn't anyone teach me this before--it makes so much sense! Synonyms for subpersonalities include: complexes, archetypes, dream figures, imagoes, disempowered selves, shadows, sub-personalities, ego states, mood states and more.

John L author of Reading Thomas Merton

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Review

Here is one of those rare books which really can help the reader to know differently, and more comprehensively, himself or herself as well as other people.

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