



Subpersonalities: The People Inside Us

John Rowan

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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.

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