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Psychological Complexes You Didn't Know Existed: Cain Complex, Medea Complex, Jocasta Complex, Peter Pan Complex, Wendy Complex, Inferiority and Superiority ... Complex (Transcend Mediocrity Book 120)

By J.B. Snow



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Many of my readers email me because they are dealing with a partner, parent or child who has a mental illness or a personality disorder. They often have an explanation of some of the symptoms that the person has. And then there are other traits of their complex personalities which cannot quite be explained by mental illness or personality disorders. Not everyone knows it, but there is another dynamic to the human psyche. It is called a psychological complex. Anyone can have a psychological complex due to the experiences they have had, or the relationships that they have had with other people. They may have been born into a family with a myriad of psychological complexes which are being passed from one generation to another. This book seeks to define the various psychological complexes, where they might come from, and who may be affected by them.

You may have heard of some of the complexes. Some of them may be new to you. We will try to educate you on those which may be prevalent in the people whom you interact with throughout your experiences in this life. It will also educate you in the event that you come across another person with a psychological complex. It helps you to know how their personalities and their psyche came to be from their many healthy and unhealthy experiences. It also helps to have knowledge of the root of these complexes in childrearing. Knowledge helps us to avoid passing down psychological complexes to our offspring and to the future generations. When we know what behaviors can cause a psychological complex in a child, we can try to avoid them in hopes that our own children will go hopefully go through life unscathed by these complexes. Many of these complexes were coined by Carl Jung, Freud and others who studied similar types of human behavior as they relate to societal norms. Many of the psychological complexes were named for their roots in Greek Mythology, as there can often be a god, goddess, or member of royalty used to describe the complex and its traits. The names of some of the complexes also may have originated in folklore, movies, stories and pop culture. More can be found online regarding each disorder. This book seeks to give you an introduction into each one.

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