



The Jekyll/Hyde Syndrome: Controlling Inner Conflict Through Authentic Living

Mark McMinn

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Mark McMinn uses the classic tale of Dr. Jekyll and Mr. Hyde to illustrate the conflict that can develop between our "glossy" side and our "dark" side. In a culture addicted to approval, it's only natural to want to put our best foot forward. We strive to project a well-adjusted, sensitive, and understanding image. Yet most of us are uncomfortably familiar with the powerful internal forces of anger, temptation, and selfishness. If we try to suppress Mr. Hyde and showcase Dr. Jekyll, we end up looking phony. It is McMinn's conviction, however, that both sides, the good Dr. Jekyll and the evil Mr. Hyde, actually serve useful purposes. In this highly readable and practical book, you will discover principles and exercises for integrating the two sides and thus move from being self-focused to becoming truth-focused.

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