



The Dark Side of the Light Chasers

By Debbie Ford

Riverhead Trade. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 7.8in. x 5.1in. x 0.2in. In this enlightening guide, Debbie Ford explains that the dark side of our personality should not be hidden. By denying our dark side, we reject these aspects of our true natures rather than giving ourselves the freedom to live authentically. Here she shows that it is possible to acknowledge and accept our so-called weaknesses, proving that these qualities may be important, hidden strengths. For example, perhaps some selfishness can save us from exhaustion and resentment. Full of illuminating stories and practical exercises, Debbie Ford shows us how to reconcile our darker impulses and find the gifts they offer. Your life will be transformed when you unconceal, own, and embrace your shadow. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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