



The Shadow Effect: Illuminating the Hidden Power of Your True Self (Hardback)

By Deepak Chopra, Marianne Williamson, Debbie Ford

HarperCollins Publishers Inc, United States, 2011. Hardback. Book Condition: New. 230 x 156 mm. Language: English . Brand New Book. The shadow is a part of the unconscious mind consisting of repressed weaknesses and base instincts. Everyone carries a shadow, Jung wrote, and the less it is embodied in the individual's conscious life, the blacker and denser it is. Now today's most popular spiritual teachers, Debbie Ford, Marianne Williamson, and Deepak Chopra join forces in this remarkable exploration of the dark side - the emotions and traits we are most afraid of and instinctively hide. When we reject or refuse to acknowledge this part of our nature we become susceptible to those emotions and traits negatively impacting us. The truth is the shadow makes its presence known whether we want it to or not. The difference is that if uninvited our dark side has the potential to hurt us and our loved ones at any moment. However by embracing our shadow we embark on an incredible, rewarding journey. This journey to wholeness, far from frightening, is empowering. By uncovering who we really are, the totality of our being, we access hidden strengths, boundless courage, and a clear path...



READ ONLINE
[5.87 MB]

Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e ebook. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- **Cathrine Larkin Sr.**

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- **Mark Bernier**