

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams

By Debbie Ford

Download now

Read Online 

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford

The bestselling, beloved classic on how to go into the dark side of yourself to bring out the light -- now with new material.

Debbie Ford believes that we each hold within us a trace of every human characteristic that exists, the capacity for every human emotion. We are born with the ability to express this entire spectrum of characteristics. But, Ford points out, our families and our society send us strong messages about which ones are good and bad. So when certain impulses arise, we deny them instead of confronting them, giving them a healthy voice, then letting them go.

It is to these feelings that Ford turns our attention, these parts of our selves that don't fit the personae we have created for the rest of the world. She shows us the effects of living in the dark, of keeping all our supposedly unsavory impulses under wraps. We find ourselves disproportionately frustrated and angry at the selfishness of friends, the laziness of colleagues, the arrogance of siblings. When we are unable to reconcile similar impulses in ourselves, Ford explains, we waste our own energy judging others instead of empathizing. But most important, we deny ourselves the power and freedom of living authentically.

Through the stories and exercises in *The Dark Side of the Light Chasers*, Debbie Ford shows us not only how to recognize our hidden emotions, but also how to find the gifts they offer us. This is for fans of Marianne Williamson, Neale Donald Walsch, and Deepak Chopra. The very impulses we most fear may be the key to what is lacking in our lives.

 [Download The Dark Side of the Light Chasers: Reclaiming You ...pdf](#)

 [Read Online The Dark Side of the Light Chasers: Reclaiming Y ...pdf](#)

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams

By Debbie Ford

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford

The bestselling, beloved classic on how to go into the dark side of yourself to bring out the light -- now with new material.

Debbie Ford believes that we each hold within us a trace of every human characteristic that exists, the capacity for every human emotion. We are born with the ability to express this entire spectrum of characteristics. But, Ford points out, our families and our society send us strong messages about which ones are good and bad. So when certain impulses arise, we deny them instead of confronting them, giving them a healthy voice, then letting them go.


It is to these feelings that Ford turns our attention, these parts of our selves that don't fit the personae we have created for the rest of the world. She shows us the effects of living in the dark, of keeping all our supposedly unsavory impulses under wraps. We find ourselves disproportionately frustrated and angry at the selfishness of friends, the laziness of colleagues, the arrogance of siblings. When we are unable to reconcile similar impulses in ourselves, Ford explains, we waste our own energy judging others instead of empathizing. But most important, we deny ourselves the power and freedom of living authentically.

Through the stories and exercises in *The Dark Side of the Light Chasers*, Debbie Ford shows us not only how to recognize our hidden emotions, but also how to find the gifts they offer us. This is for fans of Marianne Williamson, Neale Donald Walsch, and Deepak Chopra. The very impulses we most fear may be the key to what is lacking in our lives.

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford Bibliography

- Sales Rank: #14655 in Books
- Published on: 2010-11-02
- Released on: 2010-11-02
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .50" w x 5.10" l, .37 pounds
- Binding: Paperback
- 208 pages

 [Download The Dark Side of the Light Chasers: Reclaiming You ...pdf](#)

 [Read Online The Dark Side of the Light Chasers: Reclaiming Y ...pdf](#)

Download and Read Free Online The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford

Editorial Review

Amazon.com Review

We know the shadow by many names: alter ego, lower self, the dark twin, repressed self, id. Carl Jung once said that the shadow "is the person you would rather not be." But even if you choose to hide your dark side, it will still cast a shadow, according to author Debbie Ford. Rather than reject the seemingly undesirable parts of ourselves, Ford offers advice on how to confront our shadows. Only by owning every aspect of yourself can you achieve harmony and "let your own light shine," she explains. "The purpose of doing shadow work, is to become whole. To end our suffering. To stop hiding ourselves from ourselves. Once we do this we can stop hiding ourselves from the rest of the world."

As threatening as shadow work may seem, it is often very effective in creating transformation. Ford's step-by-step guidebook is modeled on a highly successful course she developed about embracing the shadow. Ultimately, she helps readers illuminate the gifts and strengths that lie within the shadows. Although this works sound vague, clouded in dark metaphors, Ford manages to make it clear and specific. She has the writing gifts of a successful seminar leader--inspirational, trustworthy, and able to convey murky material with grace and ease. --*Gail Hudson*

From Publishers Weekly

Everyone possesses the entire range of human traits and emotionsA"the saintly and the cynical, the divine and the diabolical, the courageous and the cowardly"Acontends Ford, a faculty member of California's Chopra Center for Well-Being. The problem, as Ford (and Freud) define it, is that in growing up, people suppress those behaviors, thoughts, feelings and characteristics that are unacceptable within their particular environments. But rather than daily sessions on the couch, Ford advocates re-imagining and reclaiming lost aspects of self, urging readers to "unconceal" and embrace those traits buried in their "shadow," in order to find their "gift." She offers exercises designed to bring such traits to the surface, including directed self-questioning; listing one's characteristics for closer examination of positives and negatives; and "discharging toxic emotions" physically. Her advice is often drawn from anecdotes of experiences with friends and in workshops that she has taught or attended, and from her own struggles with various aspects of her personality. What some will see as disarming simple methodology may seem shallow to those with a more analytical bent. But even those not looking for the "Resistant Rita," "Lovegirl Laurie," "My-way Marvin" or "Competent Ken" locked inside them may find him or her in spite of themselves.

Copyright 1998 Reed Business Information, Inc.

Review

In this profound book, Debbie Ford systematically outlines the steps to wholeness and transformation. Deepak Chopra Debbie Ford guides us past the self-punishing patterns that often bind us. Her ideas are exceptionally compelling. Marianne Williamson Debbie Ford teaches us to recognize, embrace, and ultimately love all aspects of ourselves. Highly recommended. Dean Ornish

Users Review

From reader reviews:

Kathleen Young:

Have you spare time for any day? What do you do when you have far more or little spare time? That's why,

you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a go walking, shopping, or went to the Mall. How about open or even read a book eligible The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams? Maybe it is to be best activity for you. You already know beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it is opinion or you have additional opinion?

James Anderson:

Now a day folks who Living in the era wherever everything reachable by talk with the internet and the resources included can be true or not require people to be aware of each data they get. How a lot more to be smart in obtaining any information nowadays? Of course the answer then is reading a book. Reading a book can help people out of this uncertainty Information mainly this The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams book since this book offers you rich facts and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it you probably know this.

Gloria White:

The guide untitled The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams is the book that recommended to you you just read. You can see the quality of the book content that will be shown to a person. The language that creator use to explained their ideas are easily to understand. The copy writer was did a lot of analysis when write the book, to ensure the information that they share to your account is absolutely accurate. You also might get the e-book of The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams from the publisher to make you far more enjoy free time.

Dona Cole:

Is it anyone who having spare time in that case spend it whole day through watching television programs or just resting on the bed? Do you need something new? This The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams can be the reply, oh how comes? A book you know. You are thus out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these books have than the others?

Download and Read Online The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford #W0NO4JMVRQS

Read The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford for online ebook

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford books to read online.

Online The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford ebook PDF download

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford Doc

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford Mobipocket

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford EPub

W0NO4JMVRS: The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams By Debbie Ford