

## By Debbie Ford The Dark Side Of The Light Chasers Reclaiming Your Power Creativity Brilliance And Dreams

No. 1 New York Times bestselling author Debbie Ford's *The Best Year of Your Life* is a call to action to stop pretending that the future will bring you the life of your dreams and to instead start living your dreams in this moment and for the rest of your life. Many of us spend our days thinking, talking and dreaming about what our lives could be like 'if only ...'. We make resolutions, we follow a new diet, we start exercise routines – we begin working on our lifelong goals and then we give up, get too busy and forget about what's truly important to us. Another year passes by and our dreams remain out of reach. But what if today you discovered that the life you've always wanted is right in front of you, well within your grasp? Are you ready to live it? Debbie Ford not only answers these questions but offers a proven, practical blueprint for making today – this moment – the beginning of the best year of your life.

*The Dark Side of the Light Chasers* Reclaiming Your Power, Creativity, Brilliance, and Dreams Riverhead Books (Hardcover)

Wholesome food has healing properties, and when we purify our diet, a number of healing reactions may begin to arise from unresolved past experiences and strong emotions. These emotions get stored in our organs and connective tissue as “emotional scar tissue,” creating energy blockages that lead to pain. In *Feed Your Body, Feed Your Soul*, author Ara Wiseman outlines how eating the right amount of pure nutritious food can help begin to release and eliminate these unresolved emotions we have stored and carry around with us. Our bodies are very forgiving, and when we stop our harmful habits and behaviors and replace them with healthier ones, nature can give us a whole new opportunity for a wondrous life. Somewhere deep inside we all yearn for emotional balance and hope to find peace with the most fundamental necessity of life—our nourishment. Between the covers of this book, Ara shows us how. “In her book, *Feed Your Body, Feed Your Soul*, Ara Wiseman gives us an intimate glimpse into her own journey towards wholeness. She provides the essential building blocks for good nutritive practices, but, more importantly, places this useful information into a wholistic context. In the process of developing her themes, Ara provides liberal sprinklings of philosophical spices and condiments to enliven the dish. These quotations, aphorisms, and affirmations from mystics and spiritual philosophers inspire us to take a loving look at ourselves and give us the courage to choose a nourishing and healing path.” —Dr. Anthony Godfrey, PhD, ND, author of *Deep Immunity* “Ara Wiseman has written a multi-dimensional book that not only shows us the way to excellent physical health, but also the process of wholeness in relationships. Highly recommended.” —John Randolph Price, bestselling author and chairman of the Quartus Foundation

Could the end of your marriage be the first step toward reclaiming your personal power and joyfully living the life of your dreams? If the answer is yes, this book is for you. Divorce rocks the very foundation of our beings, leaving us feeling lonely, flawed, enraged, undesirable, hopeless, and empty. In *Spiritual Divorce*, New York Times bestselling author Debbie Ford reveals how this devastation can be transformed into a profoundly enlightening experience. This empowering guide shows how the collapse of a marriage is, at root, a spiritual wake-up call, an opportunity to liberate ourselves and reclaim our lives. The end of a relationship—no matter who ends it—is a damaging moment. Ford offers a clear program for turning ruin into renewal.

*Lucifer's Game* is a tour de force first novel that will capture the hearts of followers of Eckhart Tolle, Deepak Chopra, Debbie Ford, and other popular voices in the growing mainstream fields of spiritual enlightenment and Shadow work. Provocative, witty, humorous and fascinating, it reads like a cross between a metaphysical parable, a touching romance, and a self-help bestseller. Think *The Celestine Prophecy* sits down at My Dinner with Andre and converses with Debbie Ford's *The Dark Side of the Light Chasers*. With dazzlingly literary finesse, Will Schneider takes readers on an intriguing journey into the unknowable depths of human nature and the universal quest to understand the BIG QUESTIONS: Is this level of our consciousness all there is? Can we learn to step outside the illusion of our reality and find wholeness? Can we transcend our “dark” side to find the light? The story unfolds on one of the exotic tropical islands of Hawaii, where the Jackson Trent has come to heal his heart after losing a loved one. As the writer of a popular blog on self-improvement, he believes he understands human nature, including his own failings. His respite trip is interrupted by the appearance of a mysterious stranger who walks with a ‘shuffle, shuffle, dip of the neck.’ It's Lucifer, Prince of Darkness himself, who makes a personal appearance on earth from time to time to update himself on humanity—and today he's chosen Jackson. Though wary, Jackson's curiosity pushes him to agree to spend the day with Lucifer, debating and exchanging views about human nature and the possibility of enlightenment. Lucifer challenges Jackson to understand that humans live unconsciously and are caught in his web, “playing his game,” as he is the Keeper of the Shadowlings, all the negative forces like hatred, envy, and greed that we deny in ourselves and push into the basement of our minds. Jackson defends humanity, but Lucifer shows him the depths of human failings, even tricking Jackson into giving into some of his own. Sucked into Lucifer's game, Jackson gets played until he recognizes the manipulation. The stakes grow serious—and it's either Lucifer or Jackson who must win the Faustian bet. Full of plot twists, the ending bends the mind. *Lucifer's Game* offers enlightenment seekers at every level a new perspective of consciousness to understand ourselves more deeply and reach for higher levels of wholeness.

*Identity and The Quartered Circle* is an eclectic Wiccan discussion of the search for identity through the power of a cast circle and the four directions. The book defines the Circle as a container for magic. A chapter on psychological identity follows. From casting a circle to meeting the Elementals and winged spirits of faerie, the author leads the reader on a personal journey in consciousness. At its conclusion we can speak intelligently of merger with the Gods and Oneness and the reader can answer the big four questions: Who Am I, Why am I here, Where did I come from and Where am I going?

The author presents a program explaining the four stages of awakening. He offers a step-by-step approach for finding and achieving one's goals and desires, as well as a path to complete mind, body, and spiritual transformation.

*Journey to the Dark Goddess* will lead you on a powerful, healing path. In the stories of ancient Goddesses you will hear your own soul, calling out to you. The Dark Goddess is the creatrix of healing, change and renewal. She offers connection with the core of yourself. If you have been unable to shake off depression, or fear its return; if you have inexplicable ‘blank patches’ in your life, if you know that something is missing, or something is calling to you, if you seek the source of women's power – it's time to journey to the Dark Goddess. The for this journey to the Dark Goddess exists in ancient myth. Weaving the stories of Inanna, Persephone and Psyche with self-enquiry and sacred ritual we learn to journey internally, creating maps in our darkest places and return enriched, integrating our deepest understandings. Meeting the Dark Goddess we see a mirror of our own soul.

Since 1980, depth psychologist Bill Plotkin has been guiding women and men into the wilderness — the redrock canyons and snow-crested mountains of the American West — but also into the wilds of the soul. He calls this work soulcraft. There's a great longing in all people to uncover the secrets and mysteries of our individual lives, to find the unique gift we were born to bring to our communities, and to experience our full membership in the more-than-human world. This journey to soul is a descent into layers of the self much deeper than personality, a journey meant for each one of us, not just for the heroes and heroines of mythology. A modern handbook for the journey, *Soulcraft* is not an imitation of indigenous ways, but a contemporary nature-based approach born from wilderness experience, the traditions of Western culture, and the cross-cultural heritage of all humanity. Filled with stories, poems, and guidelines, *Soulcraft* introduces over 40 practices that facilitate the descent to soul, including dreamwork, wilderness vision fasts, talking across the species boundaries, council, self-designed ceremony, nature-based shadow work, and the arts of romance, being lost, and storytelling.

Are you able to manifest your desires almost instantly? If not, then *Unmasking Your Future* is a must read. The Law of Attraction says you will bring to you what you focus on; however, if your unconscious is holding negative thoughts or beliefs you will never be able to actualize your dreams. Judy Lekic details the techniques required to clear out those unconscious negative patterns of not deserving, not being good enough, and all the other fear based negative programming from your past that keep you from actualizing your goals. You will gain an understanding of how your negative thoughts keep you stuck in a negative loop. You will learn the importance of connecting to the spiritual realm and gain techniques to do so, and will discover how to the difference between your energy and others. The valuable tools in this book are a must for anyone wanting to find peace, love, and joy.

Traditional Chinese edition of Marianne Williamson's *Illuminata: A Return to Prayer*. Williamson's books are must-read for followers The New Spirituality. A NEWSWEEK magazine poll named her one of the fifty most influential baby boomers. She is also the spiritual leader of The Church of Today in Detroit. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

New York Times number-one bestselling author Debbie Ford presents revolutionary questions that, when answered with complete honesty, change the way we see ourselves and make decisions – ultimately moving us toward the life we desire. The realities of the life we live today are a result of the choices we made yesterday, three months ago and three years ago. But we don't wind up \$50,000 dollars in debt because of one extravagant purchase. Nor do we put on 30 unwanted pounds as a result of a couple of decadent meals. And our relationships certainly don't fall apart overnight because of one decision. We are where we are because of repeated unconscious choices made day after day. If we want to understand why and how we created our present day reality, all we need to do is look at the choices we made in the past. Ford cuts right through our denial with the 10 questions that immediately reveal the true motivations behind our thoughts and actions. But more than that, by rigorously and honestly asking and answering these 10 vital questions, we regain control and have the power necessary to create the life we always wanted.

*How to Heal a Broken Heart* Discover the superhero within your own heart. Every women knows that sometimes, love hurts, and learning how to let go of lost love can seem impossible. You find yourself asking, "How do I live without you?" The good news is that inside each one of us is our very own love superhero. You can find the strength inside yourself to live and love like never before, and Superhero of Love will teach you how. Moving on after heartbreak is much easier when you use your five superpowers. You already have the power to get over your break up?to find happiness again. In *Superhero of Love*, expert author and writer Bridget Fonger shares her own personal experience of going through a painful breakup and shows you how to rediscover your deep connection to your own heart, the ultimate source of love in your life. Bridget's method reveals The Five Superpowers: • Super Sight – the courage to see clearly • Super Hearing – the ability to hear your highest truth • Super Humility – discovering your true place in the universe • Super Self-Love – the magic of being in love with you • Super Alignment – knowing the presence of the divine in all things Learn how to get over heartbreak and soar. Whether you've been burned by a recent breakup, are harboring old wounds, or find yourself thinking, "Is this as good as it gets?" *Superhero of Love* will help heal your broken heart and show you that we are all superheroes who are born to fly. In this book, you will discover: • Tools for strengthening your emotional resilience • How to break free from old patterns that keep you stuck • How to gain wisdom to empower you to be your mightiest self Readers of books on how to heal a broken heart like *The Wisdom of a Broken Heart*, *How to Fix a Broken Heart*, and *This Is Me Letting You Go* will find happiness again with *Superhero of Love*.

Are you doing battle with your body? Do you desperately want to end your obsession with food, emotional eating and yo-yo dieting and come to a place of deep peace? Are you ready to begin living in a new and empowered way, not using food to keep you small? Struggles with food and emotional eating are often a signal that something deeper is going on, a kind of soul-call. *Love or Diet* will help you to follow that soul-call safely and explore your eating patterns in a way that can lead to complete freedom and peacefulness with food. In *Love or Diet*, nutritionist and editor of [www.nurturewithlove.com](http://www.nurturewithlove.com), Ani Richardson, aims to change your relationship with food, but more importantly, change your relationship with your deepest Self, because when you are willing to courageously look at what you are attempting to stuff down with food, you can begin to heal and shine light on the perceived darkness in our lives, one delicious ray at a time.

*Turn Your Pain from Breakup into an Opportunity to Grow toward True Love* After her devastating breakup, counselor Rebekah Freedom McClaskey became inspired by her work in the field of addiction recovery to craft a safe, step-by-step path to forging healthy relationships based on honesty, love, integrity, and trust. *Breakup Rehab* addresses post-breakup chaos, providing clarity and direction so that your next relationship will be your best relationship. This wise, real-world, and often humorous guide acknowledges the state of grief or resignation that comes with a breakup and then walks you through the stages of forgiveness and letting go. Along the way, you'll experience a more compassionate self-awareness as you rebuild self-confidence and learn how to be loved for who you truly are. These steps will propel you forward on your unique path, as you recognize your life's purpose and then travel toward well-being and a love that will set you free.

*From Mormon to Mystic: Journey from Religious Disillusionment to Soulful Liberation* chronicles the journey of a sixth-generation Mormon woman. She travels a path that takes her from a tightly knit and theologically strict religious community to the open expanses of a mystical understanding of reality. Erin Jensen weaves together the account of her transformation and the strands of insight that come from James Fowler's *Stages of Faith*. By rooting her narrative in the vivid details of the steps she takes along the way, the author tells how she weathers her life's challenges, including a federal court "witch" trial, and emerges from the depths of several "dark nights of the soul." While *From Mormon to Mystic* immerses itself in the details of one life, it simultaneously offers guidance for anyone seeking to overcome the strictures of rigid systems of belief and behavior. In its pages, the reader will learn how to make his or her way toward freedom and wholeness by understanding how faith develops, learning to work with shadow qualities, practicing non-attachment, taking personal responsibility, trusting one's ability to choose, appreciating the power of total forgiveness, connecting to inner sources of wisdom, and embracing a state of consciousness filled with hope, love, and peace. *From Mormon to Mystic: Journey from Religious Disillusionment to Soulful Liberation* offers both a narrative of one woman's path to spiritual freedom and a guide for others who seek their own way from the confines of their current circumstances to the liberation they desire to envision for the own futures.

The personal experiences of our lives can often cause us to reassess our self-perception. But for some of us, these encounters can also instil negative beliefs which are adopted as true facts about ourselves. We condition our lives according to the limits imposed by these 'shadow beliefs', and our lives become a shadow story. Continuing the shadow work that made her a success with *DARK SIDE OF THE LIGHT CHASERS*, Debbie Ford explains how each of our life-defining events is experienced for a reason, allowing us to lead a life of direction and purpose. In this inspirational, solution-driven guide she provides a complete plan for release, and shows that if we stop viewing these events as obstacles, and instead embrace them as essential ingredients for our life's direction, then we banish our shadow story and unlock the passage to freedom.

Three best-selling authors come together for the first time to deliver a comprehensive and practical guide for harnessing the power of our dark side by embracing it and learning more about ourselves from it, rather than trying to ignore it.

150,000 first printing.

The use of creative writing as a route to personal or professional development is a powerful therapeutic tool, yet often the

most difficult part is knowing how and where to begin. The experiences of others, and the strategies and approaches they have used in their own writing, can provide tried-and-tested models for practice, and 'ways in' that facilitators might wish to recommend to others. Writing Routes is an essential roadmap for anybody setting out on the journey of self-discovery through words. This diverse collection of short pieces introduce and demonstrate many different ways of getting into and thinking about creative writing for personal or professional development. Seventy contributors from a variety of different backgrounds and circumstances explain how they came to write a particular piece and why, how they found ways of transforming their experience into writing, and how it was beneficial to them. Their writing ranges widely, from journal entries and stream of consciousness to autobiography, poetry, fiction and drama, and the pieces are organised by theme and genre for ease of navigation, designed to be 'dipped into' as and when they are needed. This rich and varied collection will provide writing practitioners, counsellors and other related professionals with ideas and techniques to share with their clients, and is a useful resource that individuals who write for their own personal and professional development will return to again and again.

Worst Enemy, Best Teacher presents a powerful system to identify and learn how to best approach the person or problem that plagues us most — whether it's a neighbor, a brother-in-law, a new boss, or the factory's fiercest competitor — Combs breaks down problems and threats into more easily understood categories, such as conflicts that threaten physical harm, emotional pain, constriction of one's ability to be unique, and intellectual threats and how they affect one's world view and beliefs. Hands-on exercises, parables, and real-life stories show readers how to apply the wisdom gained from studying the opponent to any challenge, whether within one's self, with friends or family, or between companies or nations, Worst Enemy, Best Teacher offers ingenious tips and techniques for learning from the enemy and converting conflict into resolution.

Come voyage through lost roots of the multi-dimensional artistry of collage. This seemingly simple method leads you on an adventure of self discovery, developing your innate abilities for shapes-shifting using paper, scissors and glue. Author and artist Donna Thompson shares her wisdom and stories as she leads you on a journey through time. From caves of old to collaging in your own home, this colorful adventure is an in-depth exploration of humanity's ancient connections to making art. This triple layered approach is actually three books in one. It begins by guiding you through the mystical Doorway of Color, where you learn the Celtic ways of sensing, gathering and envisioning with images. Next comes the Doorway of Ceremonies, where you unearth indigenous ways of communing with collage. And finally, the Doorway of Dreams, leading to the most ancient ways of remembering who you truly are. Learning to quest with collage is all about playing with colors, signs and synchronicity. It is also a metaphor for the ongoing journey of each human life. You are invited to come along in search of multi-hued elements to weave into an ever unfolding landscape of your own design. Collage Quest is a guide for tracing these deep roots and translating them into modern day materials and language. It is a unique and powerful 21st century tool of co-creation.

Three beloved teachers, one incredible journey New York Times bestselling authors and internationally acclaimed leaders in the field of new thought, Deepak Chopra, Debbie Ford, and Marianne Williamson have joined together to share their knowledge on one of the most crucial obstacles to happiness we face—the shadow. These three luminaries, each with a signature approach, bring to light the parts of ourselves we deny but that still direct our life. The result is a practical and profound journey to wholeness. Inside you will discover how to: Make peace with yourself, others, and the world Bring light to the parts of yourself that have the power to transform your life Find the courage to let go of all that holds you back Reconnect with the person you were meant to be and the life you were meant to live

Includes a FREE CD of Guided Meditations by Debbie Ford, the Author of The Best Year of Your Life The beauty of Key to Yourself is seen through Venice Bloodworth's insightful approach to combining modern psychology and the very same principles taught thousands of years ago by master teachers such as Jesus. In searching for her own spiritual enlightenment, Venice Bloodworth found the root of true happiness based on concepts of spiritual psychology that disclosed the power of the mind to think itself to wellness, prosperity, and peace. Although the world has changed drastically over time, people are still confronted with the same fears and inner conflicts. Key to Yourself meets these challenges with ageless wisdom and boundless compassion.

Shadow Working in Project Management aims at contributing to our knowledge of all things unconscious and irrational in our behaviour. It takes the form of an empirical research, and therefore addresses mostly the tools and techniques available to get in touch with Shadow aspects of self and collective, to recognize how it manifests, how it can lead to conflict, and ways to address it. From that perspective, it advances on to question the underlying beliefs of current management practices. It explores as well the inherent need for control in projects, being those of a professional nature, or other ventures. It challenges the strength of the concept of the "rational man" and its protagonism. Joana Bertholo's work explores the role and nature of the Shadow in the context of projects and their management, with an emphasis on techniques to address it. Despite being directed to managers and dedicated to the analyses of the managerial discourse, the tools and processes it proposes have universal relevance, based on the fact that the Shadow is everywhere, within everyone, from the individual to the global scale.

The #1 New York Times bestselling author shows how our most self-defeating thought can become blueprints for a fulfilling, rewarding life. Introduction by Marianne Williamson Foreword by Arielle Ford A recently discovered unpublished work by the beloved spiritual teacher and #1 New York Times bestselling author in which she reflects on the astonishing holiness that resides in each of us. "What you are seeking at the deepest level exists inside of you, in the quietude of your own inner world, in the privacy of your own sweet heart. So now it's your responsibility, your holy responsibility, to encode your consciousness with thoughts, feelings and images that will support you in creating the perfect internal environment to cultivate a deep and intimate relationship with the one you call God. This is the force that loves you, cheers for you and wants it all for you. In a world where love leaves as quickly as it comes, you can rest now, knowing that you have found a love that will never leave you, never misguide you and never ever let you down. My advice, dear friend, is take great care of that Love. It will give you

