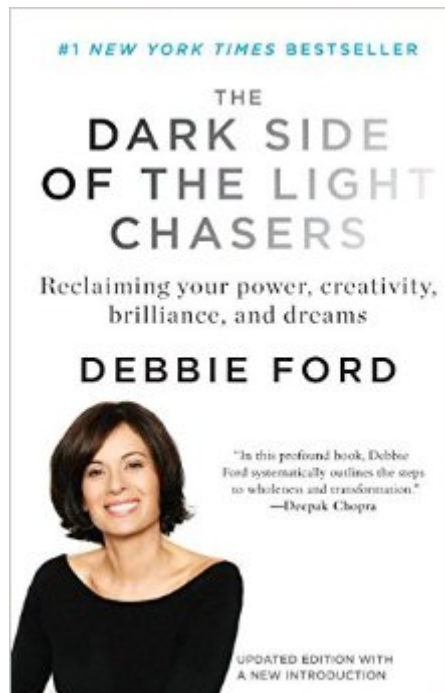


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The Dark Side Of The Light Chasers: Reclaiming Your Power, Creativity, Brilliance, And Dreams



Synopsis

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.

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Customer Reviews

Our psychologists and many popular self-help movements have seem absolutely determined to make us permanent victims of our past. We are the way we are because of mom, dad, sister,

brother, aunt, uncle, did so and so or did not do so and so, causing us to be the way we are today. This philosophy of blaming others for our own shortcomings has created a whole society of victims. And all of these victims have been going around "confronting" everyone they know for making them the way they are. Thank God for a refreshing breath of common sense! We are the way we are because we get something out of being the way we are. If we want to change we need to first accept responsibility for being the way we are and then determine what we get out of being that way. This is Debbie Ford's message. Using Ford's techniques along with those suggested by Lewis in his book *An Encounter With A Prophet*, you will be able to stop being a victim of your past and your present. I strongly recommend both books for those wishing to attain some real lasting peace of mind.

There is a story in Native American history of an Indian chief who one night talking to his tribe tells them there are two dogs inside his mind. One a white dog who is good and courageous, the other a black dog who is vengeful and spiteful. He tells the tribe the dogs are fighting to the death. A brave, not able to wait for the end of the story asks "Which one of them will win." The chief responds "The one I feed." This book tells us how to feed the white dog. I loved the book. I would also highly recommend the book *An Encounter With A Prophet*.

Here's an unpleasant thought, for those of us who try so hard to be nice, spiritual, kind -- we have a dark side, too. Holding on to (hiding) our dark side is what keeps us from moving forward and making significant changes in our lives. Can't: get rid of the excess weight, stop ruining good relationships, getting into bad ones? You just might want to take a look at this book, find that dark side and use it to set you free. One way to spot the dark side, according to Debbie Ford, in her excellent book, is to pay attention to our over-reactions. If you find yourself getting all worked up when someone accuses you of being something you just KNOW you're not, Ford tells us that that reaction means you're right on top of some important information. You could go into psychotherapy to try and work it out. Or you could just get this book, and start embracing the darker side. You won't fall apart -- read it, do the exercises. This is a book you can read and follow alone, but it's also an excellent book to work on, or discuss, with a good friend or two. Don't pass this one by, unless you're perfect!

I've read a lot of self-help books and this is by far the best I've ever read. It's not a book for everyone. Many people are not ready to look at themselves with total honesty. But, as the author

explains, "What you can't be with, won't let you be." The things you deny about yourself will keep popping-up in your life, until you finally understand and accept them. As the author says so well "Because when we judge ourselves we automatically judge others. And what we do to others, we also do to ourselves. The world is a mirror of our internal selves. When we can accept ourselves, we automatically accept and forgive others." The fascinating thing is, usually people that we dislike, are actually mirroring a quality that we are denying about ourselves. We have nearly every positive and negative quality there is, but through painful experiences, we come to deny certain parts of ourselves. We are unaware of how greatly this affects our life, and our interaction with other people. We are also unaware of how wonderful life can be when we free ourselves. As she says "What you don't own, owns you." and "What you resist, persists." I can't do this book justice in this short review, but if you are ready to look at yourself with total honesty, and really change your life for the better, buy this book!

THE DARK SIDE OF THE LIGHT CHASERS is written with such brutal honesty that if you are not ready to change your life then don't bother with the book. Why? Because it would probably put you off, and that would be a shame because this is an extraordinary book that will surely alter your life as it did mine. Ms. Ford teaches us to deal with our inner demons or shadows as they are called in the book. Shadow work as Ms. Ford refers to is the ongoing process of depolarizing, and balancing to heal the split between the conscious sense of self and the all else we are or could be. We learn that 'Dark' doesn't mean only negative, it refers to something out of the light of our conscious awareness. We know our shadow by many names, dark side, alter ego, the dark twin, the repressed self. I always told myself that I was crazy, I'm not worthy of the nice things that I have, and worst of all I felt unloved. Believe me when I say the hardest thing in the world to do is to look deep inside yourself honestly and for me it all came out in anger, learning to own the anger and then dealing with it so I could change that pattern in myself. When we do that our whole way of thinking changes for the better. THE DARK SIDE OF THE LIGHT CHASERS is a wonderful self-help book and will show you how to be a whole person if you really want it.

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