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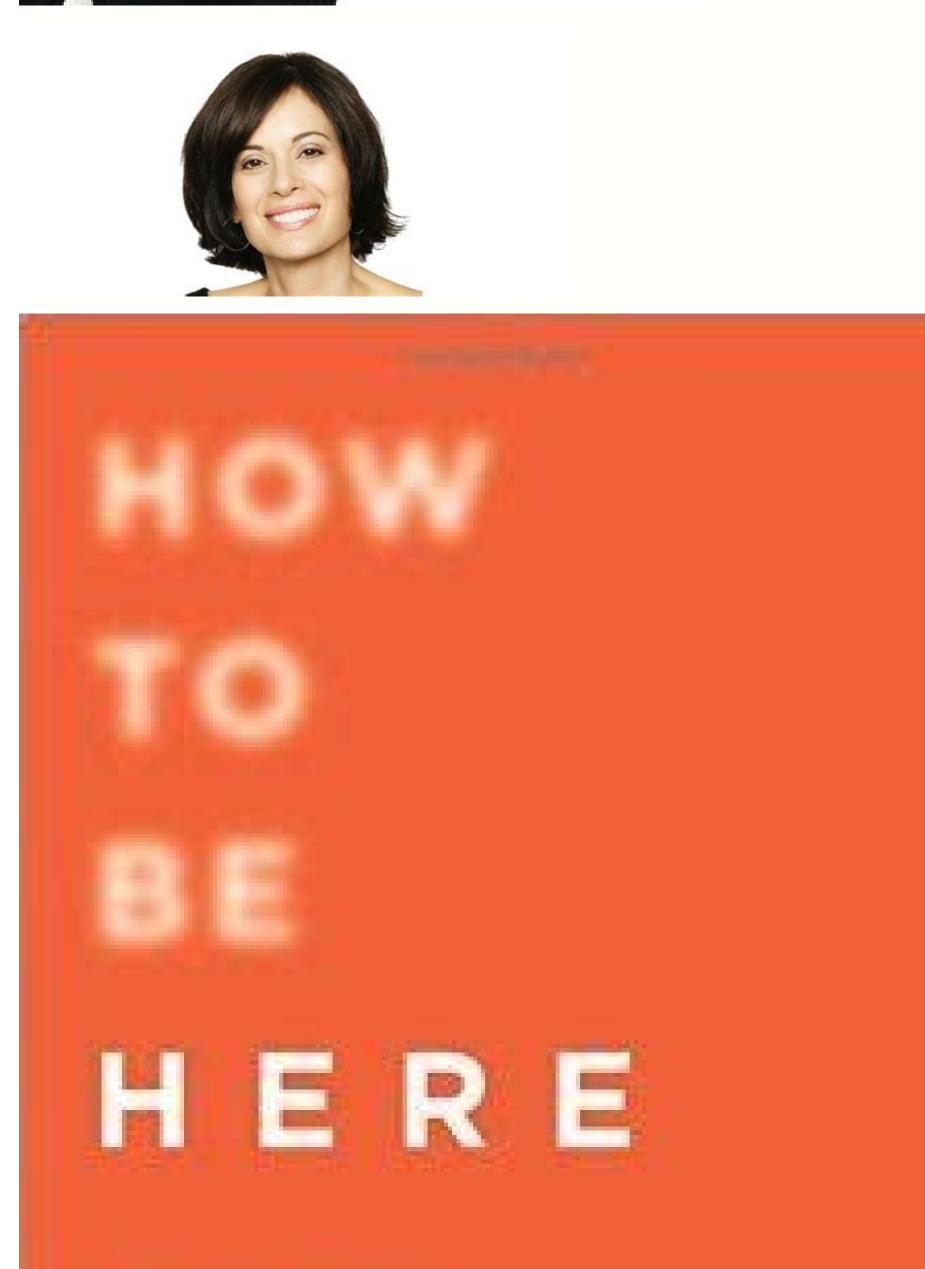
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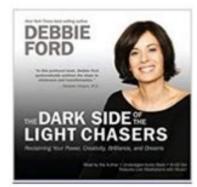


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Description of the morning Corine Christensen 1 1998 • 154 Pages • 780 KB • English Posted April 14, 2020 • Submitted by zklocko Report Page 2 Table of Contents Title Page Copyright Page Acknowledgements Dedication Introduction Foreword CHAPTER 2 - CHASING DOWN THE SHADOW CHAPTER 3 - THE WORLD IS WITHIN US CHAPTER 4 - RE-COLLECTING OURSELVES CHAPTER 5 - KNOW THY SHADOW, KNOW THY SELF CHAPTER 6 - "I AM THAT" CHAPTER 7 - EMBRACING YOUR DARK SIDE CHAPTER 8 - REINTERPRETING YOURSELF CHAPTER 9 - LETTING YOUR OWN LIGHT SHINE CHAPTER 10 - A LIFE WORTH LIVING AFTERWORD Page 3 "I have now come to understand the extraordinary importance of leading an integral life. That is, of allowing myself to first notice, then to blend, all the aspects of who I am-those that I and others called 'positive' and those that I and others have been had I been exposed to the deep insights and the wonderful wisdom in this book. "Read it once, and read it once, and read it once again. 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This book is an invitation, backed up by clear, simple methods, to embark on the great work of learning to embrace all that we are." -John Welwood, author of Love and Awakening Page 4 ALSO BY DEBBIE FORD Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life The Secret of the Shadow: The Power of Owning Your Story The Right Questions: Ten Essential Questions to Guide You to an Extraordinary Life The Best Year of Your Life: Dream It, Plan It, Live It Why Good People Do Bad Things: How to Stop Being Your Own Worst Enemy The 21-Day Consciousness Cleanse: A Breakthrough Program for Connecting with Your Soul's Deepest Purpose The Shadow Effect: Illuminating the Hidden Power of Your True Self Page 7 RIVERHEAD BOOKS Published by the Penguin Group (USA) Inc. 375 Hudson Street, New York, New Books Ltd., 80 Strand, London WC2R ORL, England Penguin Group Ireland, 25 St. Stephen's Green, Dublin 2, Ireland (a division of Penguin Books Ltd.) Penguin Books India Pvt. 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