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## The Shadow Effect Unabridged CD: Illuminating the Hidden Power of Your True Self

By Deepak Chopra

HarperCollins Publishers Inc, United States, 2010. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. Deepak Chopra, Debbie Ford, and Marianne --New York Times bestselling authors and internationally acclaimed teachers--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. For it is only when we embrace our shadow that we discover the gifts of our authentic nature. The shadow exists within all of us. It is a part of us and yet we spend most of our life running from it. But far from being scary, our dark side holds the promise of a better, more fulfilling life. Our shadow makes itself known every day. It is the reason we get furious over a friend showing up ten minutes late, yell at our parents or kids when they have done nothing wrong, and sabotage our own success at the worst possible time. Until we are able to embrace our dualistic nature, we will continue to hurt ourselves and those closest to us and fall short of our...



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### Reviews

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*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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