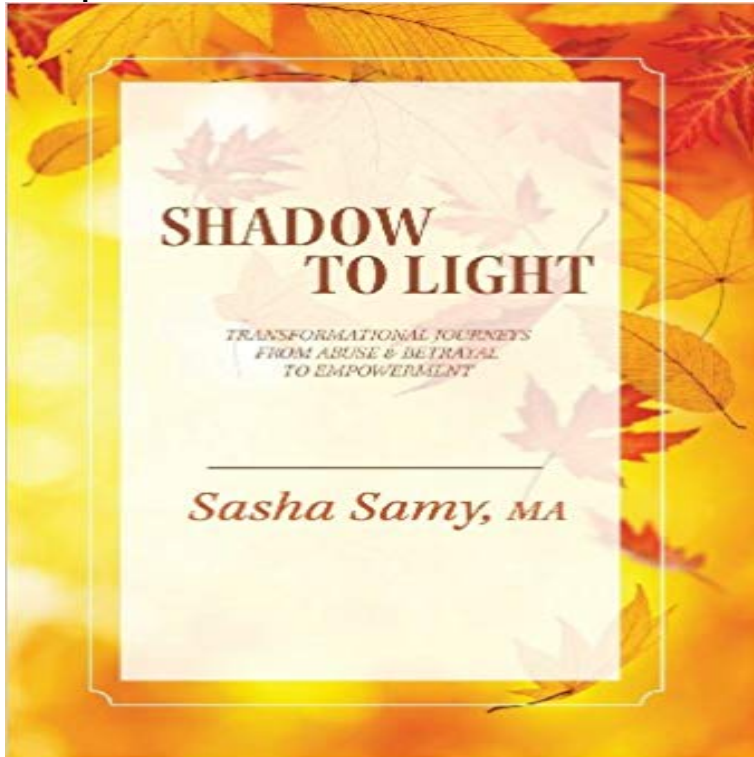


Shadow to Light - Transformational Journeys from Abuse & Betrayal to Empowerment



Conscious Choices, Conscious Life! Why do some people attract bullies or abusive partners, or engage in self-sabotaging or self-destructive behaviours? Shadow To Light is an inspirational book that celebrates the sacredness of life through the triumph of dignity, courage and self-empowerment. Sasha Samy hopes that by sharing the transformational stories of conscious choices and forgiveness, others will garner the courage to confront and transcend their experiences. With poignant personal anecdotes, penetrating insights, psychological research and spiritual teachings, Samy integrates a practical and holistic approach to healing and transformation in her book. The book, which is divided into three parts, also discusses: What constitutes abuse and its effects Why the targeted do not leave their abusive partners What is lacking in dysfunctional relationships How our erroneous thoughts, attitudes and belief systems create self-sabotaging and self-destructive behavioral patterns Why shadow and inner works are essential to understanding the self Techniques and tools to embrace the healing and transformational process

www.sashasamy.com In Shadow To Light Sasha Samy provides a user-friendly body of work weaving a partnership of help for teenaged girls, women, teenaged boys and men through four heartfelt case studies, scientific research, and a beautifully flowering spirituality. Samy's easy to read format reflects the warmth, love and compassion of its author and takes the reader through the abuse and struggle-to-survive stages to enriched mental and physical health and to new choices and new life. This book is a must read for girls and women!

Glenn R. Mosley, Ph.D, author, New Thought, Ancient Wisdom and Hands-On-Healing

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Sasha Samy Transcending Abuse Sasha Samy is the author of Shadow To Light: Transformation Journeys From Abuse & Betrayal To Empowerment. She is an educator and

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