



Out of the Darkness: From Turmoil to Transformation

By Steve Taylor



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In *Out of the Darkness*, bestselling author Steve Taylor tells the stories of more than 30 people who have undergone permanent spiritual awakening after intense trauma and turmoil in their lives.

Read about the young woman who was reborn after suffering terrible injuries in the 7/7 bombings in London, the man who found enlightenment after becoming paralysed in a fall, the man who underwent transformation after attempting suicide, and the recovering alcoholic who shifted to a permanent state of enlightenment after hitting 'rock bottom' and losing everything.

Steve has also interviewed several spiritual teachers whose awakening occurred after intense psychological turmoil, including Eckhart Tolle. In addition to telling these people's stories, *Out of the Darkness* explains why turmoil has this transformational effect and illustrates the almost infinite capacity of human beings to overcome suffering. It shows how close - and how natural - spiritual awakening is to all of us.



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Out of the Darkness: From Turmoil to Transformation By Steve Taylor Bibliography

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Editorial Review

Review

An important contribution to the shift in consciousness that is happening on our planet at this time. (Eckhart Tolle)

A fascinating and illuminating journey through the landscape of spiritual transformation. (Sharon Salzberg, Author Of Lovingkindness)

Out of the Darkness is filled with amazing stories of enlightenment brought about by life's most difficult circumstances. It helps us to realise that we can always choose to make something good out of the worst that life can offer us, thereby greatly reducing our fears and inviting happiness to embrace us. A truly inspiring book! (Susan Jeffers Phd, Author Of Feel The Fear And Do It Anyway®)

Some of the best research, stories, and answers to the perennial question, Why (and how) do some people emerge from difficult times stronger, wiser, and more grateful, while others sink into depression, bitterness, or resignation? The stories are fascinating and inspiring. They are like breadcrumbs in the fairytale; follow their trails so that your own turmoil can be spun into transformation. (*Elizabeth Lesser, author of the New York Times bestseller, Broken Open: How Difficult Times Can Help Us Grow*)

Steve Taylor's suggestions for encouraging awakening...could transform human civilization. We could move from a culture of domination, violence and destruction, to one of partnership, peace and respect for nature. Out of the Darkness is an important contribution to achieving this dream. (*Network Review* 20110501)

A thoughtful, thought-provoking and inspirational account. (*Psychology Today*)

Fascinating...illustrates the almost infinite capacity of humans beings to overcome suffering. (*Natural Health & Beauty magazine*)

In his new book, Steve Taylor reminds readers of the resilience of our human spirit and our capacity to find light in the darkness as we pass through that dark night of the soul to find a brighter dawn. (Dan Millman - Author Of Way Of The Peaceful Warrior And The Four Purposes Of Life)

A wonderfully clear and inspiring book about the way great suffering and ordeal can lead to sudden awakening. Its importance for our menacing times and for the transformation being birthed by them cannot be exaggerated. (*Andrew Harvey author of The Hope: a Guide to Sacred Activism*)

This is a most compelling book. Even after reading it through several times I can still get absorbed in re-reading it... I can thoroughly recommend it for both personal reading and study - it will enrich on both counts. (De Numine *The Journal of the Alister Hardy Society*)

About the Author

Steve Taylor is a senior lecturer at Leeds Metropolitan University and a researcher in transpersonal psychology at Liverpool John Moores University. He has written articles for many magazines, newspapers

and academic journals, including Psychologies, the Daily Express, Kindred Spirit and the Journal of Transpersonal Psychology. Steve lives in Manchester with his wife and three young children.
www.stevenmtaylor.com

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Todd Porter:

This Out of the Darkness: From Turmoil to Transformation is great guide for you because the content that is full of information for you who have always deal with world and possess to make decision every minute. This particular book reveal it information accurately using great plan word or we can state no rambling sentences in it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but hard core information with lovely delivering sentences. Having Out of the Darkness: From Turmoil to Transformation in your hand like finding the world in your arm, information in it is not ridiculous 1. We can say that no book that offer you world in ten or fifteen minute right but this e-book already do that. So , this is certainly good reading book. Hi Mr. and Mrs. stressful do you still doubt this?

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