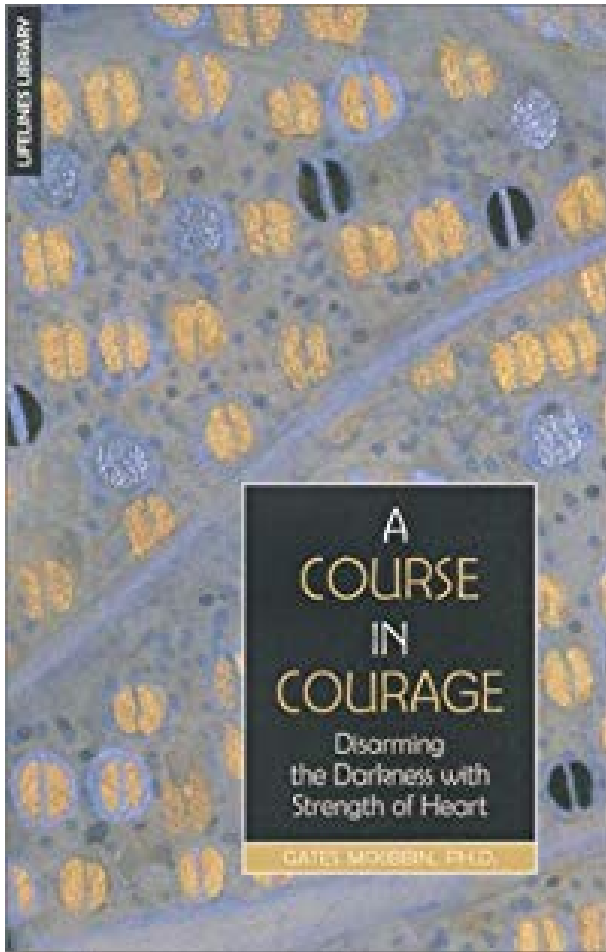


A Course In Courage: Disarming The Darkness With Strength Of Heart



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Darkness is a sly adversary, disguising itself in many different cloaks - anger, cynicism, arrogance, flattery. Those who recognize when darkness weakens their spirit, and choose to transcend it with their light and love, can neutralize its ability to limit and dishearten them. This penetrating volume identifies the barriers that emotional and spiritual darkness erect, then lights a path beyond them.