



The Dark Dictionary: A Guide to Help Eradicate Your Darkness, Restore Your Light, and Redefine Your Life. (Paperback)

By Andrew Kendall

Archway Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There is no guarantee that the lives we lead will be easy, and our unique stories--both our inner and outer worlds--are shaped by our perceptions. But what happens when our self-defeating behaviors begin to take a toll on our lives--on these perceptions? What happens when we forget that our identities are not products of our mind or what we're going through? And when we're trapped in this endless cycle of misery and negativity we find ourselves settling for lackluster lives, so how do we instead choose to redefine our lives and embrace a world filled with vitality and color? In *The Dark Dictionary*, author Andrew Kendall explores his own personal journey through the self--one that began in darkness but is now paved with self-discovery and improvement. From A to Z, *The Dark Dictionary* is about transforming the definitions in our lives into the ones we've always imagined living by. But it starts first with releasing ourselves from the very grip that more often than not keeps us stuck--anxiety, fear, victimization, poor choices, unhappiness, and toxic relationships. With new definitions of these...



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