



# **Your Dark Side: How to turn your inner negativity into positive energy (The Paranormal)**

*Vivianne Crowley*

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# Your Dark Side: How to turn your inner negativity into positive energy (The Paranormal)

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**Your Dark Side: How to turn your inner negativity into positive energy (The Paranormal)** Vivianne Crowley

Everyone can present themselves as kind, decent and good-natured people to the world, but beneath the surface there is a dark side in everyone. This emerges when we least expect it, and releases our shameful fears and fantasies that we usually try to hide. Although this shadow self is buried in our unconscious, it will release itself in many forms - jealousy, anger, selfishness.

Through trying to hide this dark part of our identities, we lose touch with our true selves. Vivianne and Christopher Crowley suggest confronting your dark side in this ebook, and through facing these negative elements of our personalities, we can learn to embrace our fears, transform ourselves, and bring new energy into our lives. The book includes a light-hearted quiz to see how well you know your dark side.

The Paranormal, the new ebook series from F&W Media International Ltd, resurrecting rare titles, classic publications and out-of-print texts, as well as new ebook titles on the supernatural - other-worldly books for the digital age. The series includes a range of paranormal subjects from angels, fairies and UFOs to near-death experiences, vampires, ghosts and witchcraft.

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