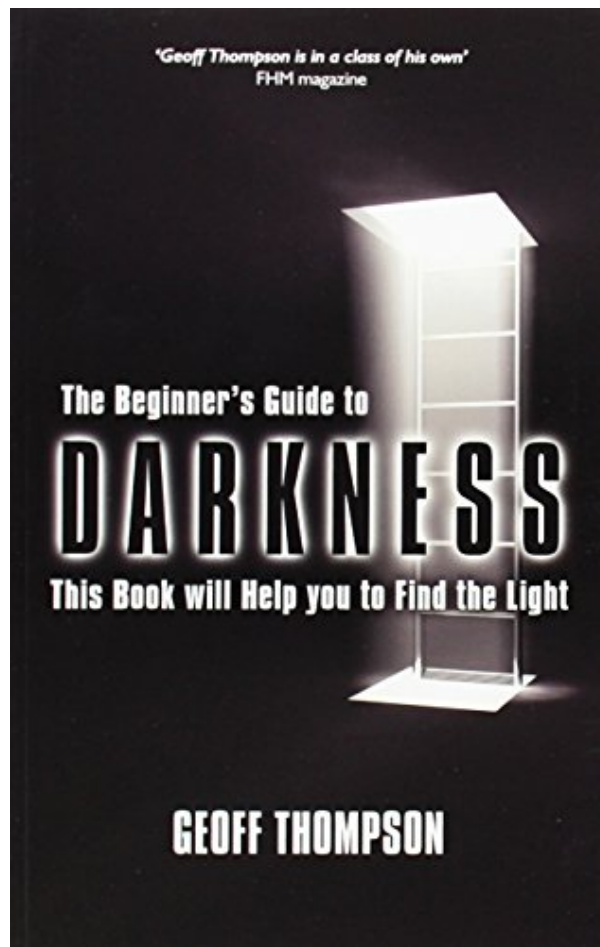


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- Sales Rank: #2466311 in Books
- Published on: 2011-11-01
- Original language: English
- Number of items: 1
- Dimensions: 7.76" h x .51" w x 5.12" l, .0 pounds
- Binding: Paperback
- 158 pages

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I recommend this book to simply everyone that wants to gain knowledge in the process and wants to improve his or her life.

By N. Engelen

The Beginner's Guide to Darkness. By Geoff Thompson

There is an animation movie called 'Nocturna' which tells the story of a little boy Tim who is afraid of the dark. After being bullied by his fellow orphans he runs out and flees to the roof as up there he has the light from the stars. His fear of the dark however created a huge shadow that extinguishes all the light. The creatures of the night try to have Tim to overcome his fear before it's all too late. At the very last moment Tim realises that all he has to do is to embrace his fear to make it disappear as without him fearing it, it can't exist.

Now what does this animation have to do with this book, written by Geoff Thompson, a world-class martial artist, filmmaker, author and guru that started off as being a depressed man who gradually embraced his darkness facing down all his fears which catapulted him into Coventry's violent nightlife of the 80's as a doorman?

To quote Pat Morita, the actor that plays Miyagi Sensei in the Karate kid the next generation: 'The answer is only important when you ask the right question'. In the question above I have already embedded the answer.

Darkness is the opposite of light and light is the opposite of heavy. So shed off the heavy dark burden and become light.

In this book Geoff shows you how he went through darkness and offers a guide for those who seek the light. In 14 easy to read chapters Geoff explains what darkness is, its different forms, how to own our darkness by taking responsibility for it instead of looking for blame and what to do to create light.

As darkness is a symptom of life I recommend this book to simply everyone that wants to gain knowledge in the process and wants to improve his or her life.

0 of 0 people found the following review helpful.

... book by Geoff Thompson and you will be a better person for it

By Triple B

Just read this or any other book by Geoff Thompson and you will be a better person for it. If just one of his lessons or suggestions stays in your head, then you win! you are now BETTER than you were before you read it. Geoff is a teacher, pay attention and LEARN!

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