



# 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](http://www.stevenmtaylor.com)

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### **From reader reviews:**

#### **David Hester:**

Hey guys, do you wish to find a new book to see? Maybe the book with the concept Out of the Darkness: From Turmoil to Transformation suitable to you? The book was written by well-known writer in this era. Typically the book entitled Out of the Darkness: From Turmoil to Transformation is one of several books that will everyone read now. That book was inspired many men and women in the world. When you read this e-book you will enter the new way of measuring that you ever know before. The author explained their idea in the simple way, therefore all of people can easily be aware of the core of this book. This book will give you a large amount of information about this world now. So that you can see the represented of the world within this book.

#### **Hilton Rogers:**

Are you kind of active person, only have 10 as well as 15 minute in your time to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book compared to can satisfy your short time to read it because this time you only find guide that need more time to be study. Out of the Darkness: From Turmoil to Transformation can be your answer as it can be read by anyone who have those short free time problems.

#### **Susan Bannister:**

In this age globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. The particular book that recommended for you is Out of the Darkness: From Turmoil to Transformation this book consist a lot of the information with the condition of this world now. This kind of book was represented so why is the world has grown up. The words styles that writer use for explain it is easy to understand. Often the writer made some study when he makes this book. Here is why this book ideal all of you.

#### **Dorothy Vinson:**

That reserve can make you to feel relax. This book Out of the Darkness: From Turmoil to Transformation was colourful and of course has pictures around. As we know that book Out of the Darkness: From Turmoil to Transformation has many kinds or variety. Start from kids until young adults. For example Naruto or Private investigator Conan you can read and believe you are the character on there. So, not at all of book tend to be make you bored, any it offers up you feel happy, fun and relax. Try to choose the best book for

yourself and try to like reading this.

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