



## Facing the Darkness

By Cat Treadwell

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Facing the Darkness, Cat Treadwell, Facing the Darkness aims to support those going through times of crisis and depression - primarily Pagan, but accessible to all. Utilising Pagan spiritual imagery, skills and perspectives, a combination of inspirational text and easy exercises work with images and stories to distract and encourage for short-term relief and long-term healing. From the apparent hopelessness of deep night through to the inevitable return of sunrise, Nature imagery, tales of mythology and Deity combine in accessible meditations, activities and anecdotes to remind the reader that they are not alone on their path through the darkness. Cat Treadwell acts as a guide through the forest, working with the Druid skills of Bardic tales and Ovatic land/spirit connection. Darkness and despair can lead to peace and inspiration through the simple bravery of stepping forward.



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