



Shadows Before Dawn: Finding the Light of Self-Love Through Your Darkest Times

Teal Swan

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Growing up in a tranquil wilderness, Teal Swan had a childhood that was anything but serene. Horrors lurked behind the façade of the perfect houses and pious community of the surrounding towns, and Teal attracted undue attention because of her unusually powerful extrasensory abilities. At the hands of a local cult member, she barely survived 13 years of horrendous abuse—and even after her escape, she was left powerless, lost, hurting, and with no way to cope. Gradually, and incredibly, Teal forged her way from shadowy moments of despair to a sliver of light . . . and eventually emerged from the darkness into the full dawn of self-love. Here, she shows how you, too, can achieve the feelings of worthiness that may be long missing from your life.

Now a recognized spiritual luminary, Teal documents how she dug herself out of self-hate into self-love, and details the remarkable trail for others to get to the same place. **Shadows Before Dawn** encompasses both Teal's compelling story, told with raw intensity, and her resolute, no-nonsense how-to guide to healing from even the deepest levels of suffering. Offering a comprehensive self-love tool kit, this book includes powerful exercises, insights, and perspective from a captivating new teacher in spirituality, and lets you pick and choose which techniques are right for you.

Teal's resonating words will sit with your soul long after you put this book down and will serve as guideposts on the way to complete self-love, no matter who you are or where you are in life.

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