



# Out of Darkness into the Light: A Journey of Inner Healing

*Gerald Jampolsky*

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## **Out of Darkness into the Light: A Journey of Inner Healing** Gerald Jampolsky

Known for his extensive pioneering in the field of attitudinal healing, Dr. Jampolsky now shares his journey from severe depression, guilt and near alcoholism to a true "miracle": an inner healing and infusion of life that was truly against the odds.

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