



## Dark Nights of the Soul: A Guide to Finding Your Way Through Life's Ordeals

By Thomas Moore

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Dark Nights of the Soul: A Guide to Finding Your Way Through Life's Ordeals, Thomas Moore, A 'dark night of the soul' is not a psychological syndrome, but a quest for meaning during life's darkest hours: the loss of a loved one, the end of a relationship, ageing and illness, career disappointments or just an ongoing dissatisfaction with life. Thomas Moore's extensive experience as a psychologist and theologian has taught him that the dark night is a challenge to restore ourselves and to become someone of substance, depth and soul. By using these trying times as an opportunity to reflect and delve into the soul's deepest needs, we can find a new understanding of life's meaning. Dark Nights of the Soul has its roots in a favourite chapter in Thomas Moore's million copy bestseller, Care of the Soul. In this beautifully-written and thought-provoking work he explores our contemporary anxieties and insecurities and shows how these metaphoric dark nights can become transforming rites of passage.



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