

Out of Darkness into the Light

GERALD G. JAMPOLSKY, M.D.

BESTSELLING AUTHOR OF LOVE IS LETTING GO OF FEAR

OUT OF
DARKNESS
INTO THE
LIGHT

A JOURNEY OF
INNER
HEALING

"A life-enhancing book, written from the only perspective Gerry Jampolsky knows—total honesty and unconditional love. I loved every page."
—Wayne Dyer, author of *Your Erroneous Zones*

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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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