



Up From The Basement A Psycho-Spiritual Journey From Darkness Into Light

By Stewart Sebastian Lampe

iUniverse. Paperback. Book Condition: New. Paperback. 198 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Up From The Basement is an intense personal story about the author who rides an emotional roller coaster as he struggles with his need for psychological recovery and change. Written in a first person narrative style this non-fiction work reads like a novel. The reader is swept into the world and mind of the author as he immerses himself into a maze of self-inquiry. He unravels the layers of self-imposed protection that developed into barriers to the awareness of his inner strength. Motivated by his desire to understand himself and responsibility to eventually help others, this psychological tale challenges the reader to pause for self-reflection while it chronicles the authors ongoing pains and struggles. This insightful flow of internal processing incorporates awareness at the physical, intellectual, emotional and spiritual levels. The power of this work lies in the compelling stream of consciousness style that appears chaotic, while mirroring the frantic thought processing of the author. The ongoing temptation will arise for the reader to compare and contrast his or her own personal traits and internal introspection. The story is interspersed with practical applications of the basic principles...



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