

# FORGED IN DARKNESS

## The Many Paths of Personal Transformation

WHAT IF HARDSHIP COULD HELP YOU BECOME WHO YOU WERE MEANT TO BE?

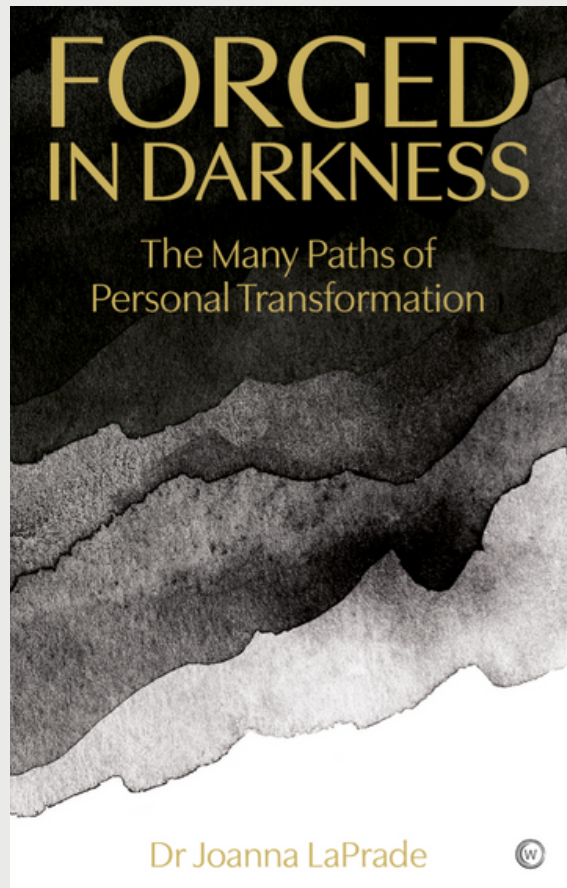
This book handles an important dilemma of our times—how to live with the darkness of life.

Opening a world of myth and meaning, *Forged in Darkness* returns the underworld to its rightful place—a dreaded realm that is transformational and deepening, giving the reader a new way to live their life to the fullest.

Finding yourself in the underworld is all too easy—grief, loss, trauma, suicide, anxiety, shame, and violence. All too often ascending is the hardest part. Written for the general audience, the author presents complex ideas through stories, myths, and real-life examples to guide those who have entered the gambit of darkness and find themselves in need of support.

Uniting self-awareness with mythology, *Forged in Darkness* invites you to notice how your life resonates with different gods and heroes of the underworld, reminding us that we have more ways of accepting and growing from the deep and dark places within us than we ever thought possible.

*Let this book help you find yours.*



Please reach out with any questions you have using the contact details below.

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# INTERVIEW TOPICS

## **Suffering is shared by us all.**

Suffering is an ineradicable part of life; it is shared by us all. Today, we have enormous pressure not to suffer. This topic plays out on the collective stage—in social media, relationships, marketing, and medicine. What is lost when we don't allow for suffering, why do we feel this way, why is this actually foreign to human history, and how we can learn to accept our pain, forgoing the mandate to be comfortable, at ease, and happy?

## **A book for our times.**

The underworld pervades our lives—reaching through our barriers, pushing past our pills, and stretching beyond the veil of social media. It crosses all borders and divides—projected onto others when we can't face it in ourselves. Our culture wrestles with darkness—anxiety, depression, suicide, violence, racism, climate change, shame, trauma, and war. Discuss the relevance of the topics handled in the book in relationship to an underworld experience that relates to you, your work, or the collective.

## **A psychological perspective**

Interested in discussing your work, life, or interests from a psychological perspective? As a trained psychotherapist, my academic and clinical background is well suited to unpack and deepen topics ranging from inside the therapy room to world events. Let's explore how training and expertise can support and deepen your work.

## **Self-awareness, not self-help.**

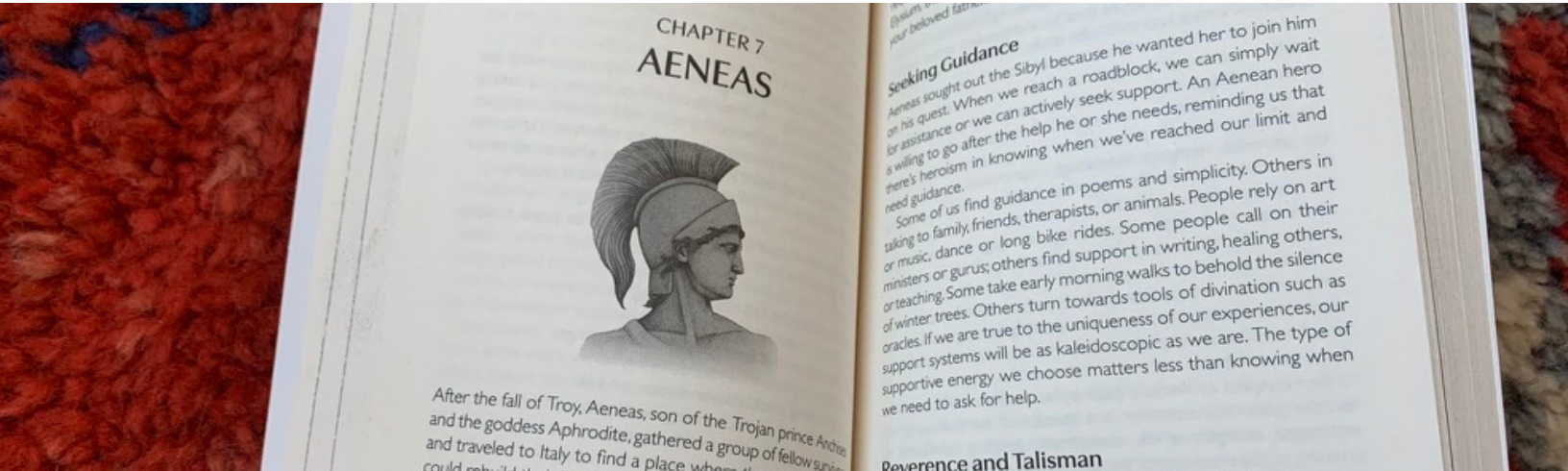
This isn't a self-help book that gives pointers and a framework, but a self-awareness book that encourages your ways of accepting and being impacted by the unacceptable places in life and how visiting those places can help you out of them. The book teaches us to restore balance to our need to prioritize the pressure for fixing, control, and perfection, by reminding us that we have more ways of accepting and growing from the deep and dark places within us than we ever thought possible.

## **How can this make the world a better place?**

At the end of the day, the only thing we can always rely on is ourselves. Our culture is becoming increasingly shallow and externalized, we are losing our ways into ourselves at a deep level. Self-awareness is a prerequisite for change-making. Only when we can be with ourselves and know our potential can we consciously influence our world.

## **Hero to heroes**

No other mythic figure has captured our imagination like the hero. Joseph Campbell's widely celebrated work brought the hero to the forefront of popular culture. Heroes personify the capacity and ardor of the journey of change. Sadly, we have reduced the heroes to a hero. Discuss why this is a problem and what the book does to return the hero, thus our capacity to grow in unique ways, to its rightful multiplicity.



# PRAISE FOR FORGED IN DARKNESS

## **Dr. Nasha Winters, ND, FABNO**

ONCOLOGIST AND AUTHOR OF THE METABOLIC APPROACH TO CANCER

"Having known Dr. LaPrade for decades and how she practices all she preaches with her patients; I have never known her to settle for scratching the surface of things. Her ability to empower folks to step across the threshold of their lives and explore their underworld to reveal their hidden potential and life-giving treasures, is a sight to behold. As an integrative oncologist, some of the biggest challenges for a patient is facing themselves. Dr. LaPrade expertly guides folks to understand the story of their own lives and to reestablish connection, step out of damaging polarities, and engage in truly living versus being paralyzed by the fear of dying. I will return again and again to these pages and her wisdom, to help shine light on my own darkness and encourage others to do the same."

## **Keiron Le Grice, Ph.D.**

PROFESSOR AND AUTHOR

"Joanna LaPrade's fine book reveals the underworld not as a mythic abstraction, but as the living reality of meaningful darkness and transformative suffering that we must all face, one way or another."

## **James Hollis, Ph.D**

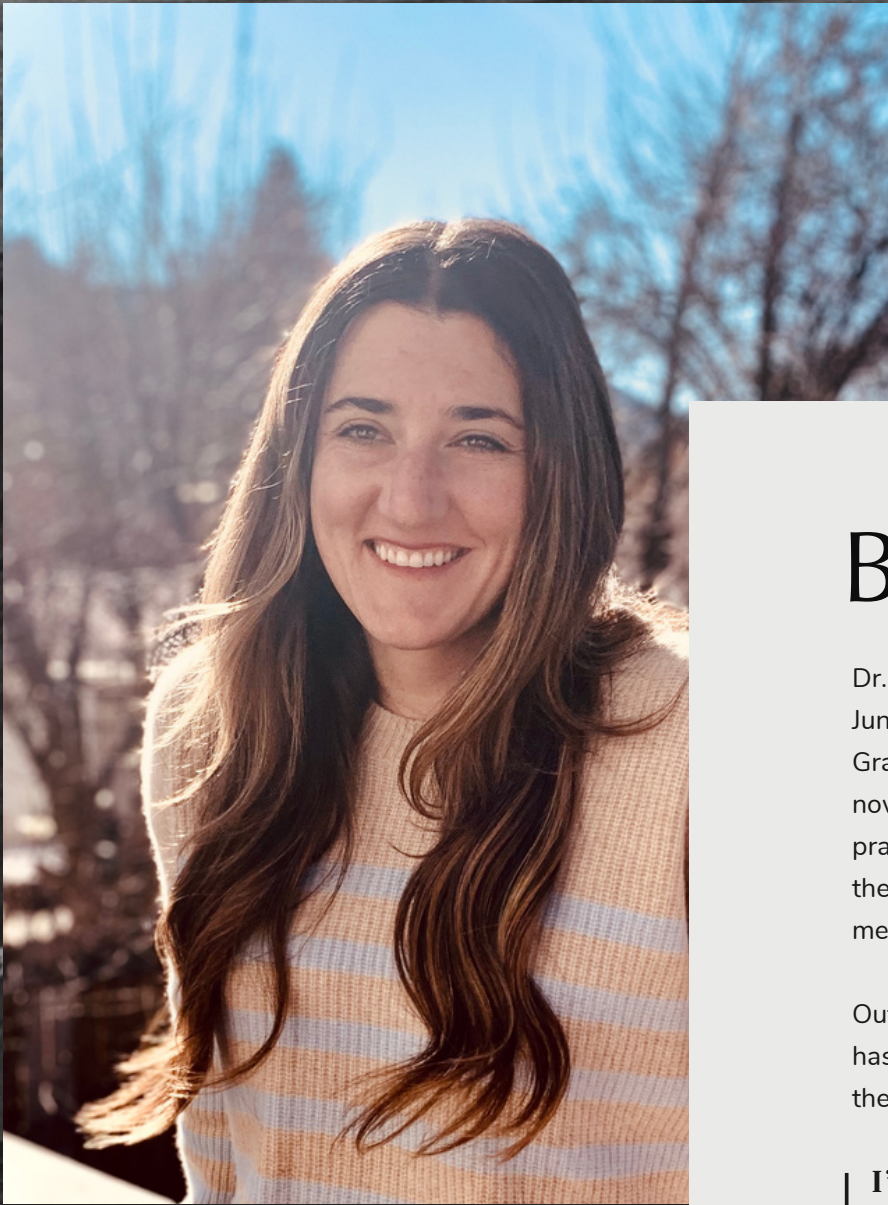
JUNGIAN ANALYST AND BEST SELLING AUTHOR

"Joanna LaPrade's Forged in Darkness provides an archetypal frame for approaching, sometimes even understanding, the descent that sooner or later we all experience during dark times."

## **Safron Rossi, Ph.D.**

AUTHOR OF THE KORE GODDESS

"With thoughtful spiritedness and bright curiosity LaPrade shines a light on our underworld experiences to help us recognize the riches harbored in the shadows. Reawakening our imagination to the myths that illustrate the different shapes of such journeys, she shows how mythic figures are eternal companions awaiting us, ready to share their wisdom."



# BIOGRAPHY

Dr. Joanna LaPrade earned her MA and Ph.D. in Jungian and Archetypal Psychology from Pacifica Graduate Institute in Carpinteria, California. She is now the founder of Aion Psychotherapy and a practicing Jungian psychologist in Colorado. Her therapeutic work focuses on helping clients find a meaningful connection to their inner worlds.

Outside of her writing, Joanna is an educator who has taught, lectured, and written extensively on the Jungian and archetypal perspectives.

**I'm a Jungian psychologist committed to helping others learn how to build a relationship with their deep selves through discerning the ways they can be influenced and guided from within.**

Joanna lives in Durango, Colorado with her partner, Max, and dog, Akela.

# WHY THIS MATTERS

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Forged in Darkness encourages readers to work with archetypes in mythology to stop rejecting the darkness of life and instead learn to embrace it.

This book teaches us to restore balance to our need to prioritize the pressure for fixing, happiness, control, and perfection, by reminding us that we have more ways of navigating the deep places in life than we previously thought.

This isn't a self-help book that gives pointers and a framework, but a self-awareness book that encourages your ways of accepting and being impacted by the unacceptable places in life and how visiting those places can help you out of them.

In a bookstore packed with self-help guides, this book stands out because it's about being guided by the archetypal stories of myth and meaning that have enchanted the human mind from the beginning. It teaches you to rely on who you innately are.

**Written for the general audience, the author weaves real-life stories, clinical cases, and myths to invite a return to an old truth—*darkness must be paid attention to.***

We are not a deep culture and have become too singular in our treatment of how to handle the deep and dark places in life. We tell ourselves that we have to beat, overcome, and sterilize darkness. And so, we sabotage our best opportunity to fully become ourselves. We have reduced the heroism needed to face the inner world to a single hero, Hercules who embodies willpower, courage, and victory. Not all of life's difficulties can be faced with a sword.

This book reminds us that we must build a relationship with darkness so that we are not ill-prepared when it envelops our lives but instead present so we can make meaning and change. This book is a return to a forgotten world, with forgotten stories, that, despite our neglect, still waits to guide us.

# EXCERPT

The underworld is the place of the unknown – the darkness, the hidden, the dead, monsters and demons, gnarly trees, and cold fissures that wind deep into the earth. It's the place where we keep the discarded parts of ourselves, those aspects of who we are that our parents, educators, society, and selves deemed unfit and unsuitable.

There is no more challenging threshold to cross than that between the dayworld and underworld, between the conscious and unconscious parts of ourselves. Humans have handed down stories of the underworld for centuries – its purpose and how to get there.

**Experiences of darkness are natural and necessary markers along the path of growth and discovery – we all have them.**

Not all underworld journeys are created equal. A lifelong wounding such as the echo of an abusive parent, pulling a dying companion off a battlefield or feeling tainted after sexual trauma evokes a different response from being broken up with or demoted at work. There is an opaque hierarchy to darkness – it exists on a spectrum.

When I say underworld, I mean the full spectrum of suffering and darkness. The journey downward begins when we find ourselves at the gates of hell. It doesn't matter if it's a massive stroke or the recognition that the life you're living is not your own. If it's conscious and painful, and we want to or have to change, then it's the underworld.

The litany of darkness includes everything from death to insecurity, emotional neglect to heartbreak.

Is one form of hardship more important than another? Over and over, I see people push real pain aside or even shame themselves, because they feel their issues are minor compared to the fates of others. If we put the underworld on a competitive scale, we discredit the many shades of darkness.



## BOOK DETAILS

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