

Darlene Dawn shares insights to help readers find emotional freedom through spirituality

Author announces release of new book, 'The Inner Connection'

MANASSASS PARK, Va. — Author Darlene Dawn took back her life after a 20-year struggle with addiction. Detailing the mental and emotional shifts she experienced following an out-of-body experience while sober, Dawn outlines the practical application of metaphysical study in “The Inner Connection: A Spiritual Journey of Self-Discovery and Emotional Freedom, One Day at a Time” ([published by Balboa Press](#)).

“I was inspired by the hope that taking the time for preparation and writing would deepen my relationship with Source,” Dawn explains, “and that my sharing would encourage others who are suffering to open their hearts and minds to their own divine connection within.”

Having developed a friendship with an intuitive who communicated with a nonphysical being of Light, Dawn shares what she learned in their life-changing sessions to help readers find their own answers and develop emotional freedom through spiritual growth.

“My intent is to show how the ideas we embrace affect our experience of life, generating our feelings, and stimulating our words and actions,” she says. “Love is the key to a peaceful, fulfilling life, and the knob is on the inside.”

“The Inner Connection”

By Darlene Dawn

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Softcover | 5.5 x 8.5 in | 268 pages | ISBN 9781504337977

E-Book | 268 pages | ISBN 9781504337984

Available at Amazon and Barnes & Noble

About the Author

Darlene Dawn, now retired from the corporate world of real estate association management, enjoys writing, music, and spending time with friends and family. She lives in the northern Virginia suburbs of Washington, D.C., with her husband and their Jack Russell terrier mix. They both have adult children from previous marriages who have blessed them with grandchildren and great-grandchildren.