



# The Darkness Before Light: Turning Despair into Creative Inspiration

*Cecilia Sanchez Beltran*

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**The Darkness Before Light: Turning Despair into Creative Inspiration** Cecilia Sanchez Beltran

The book is about the relationship of despair and creative inspiration. It offers a way to turn despair into self-illumination that can be the source of powerful creative insights. It explores the lives of famous luminaries known to have suffered from despair and how their genius seemed to have emerged from their suffering.

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