

LIGHT

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& DARKNESS

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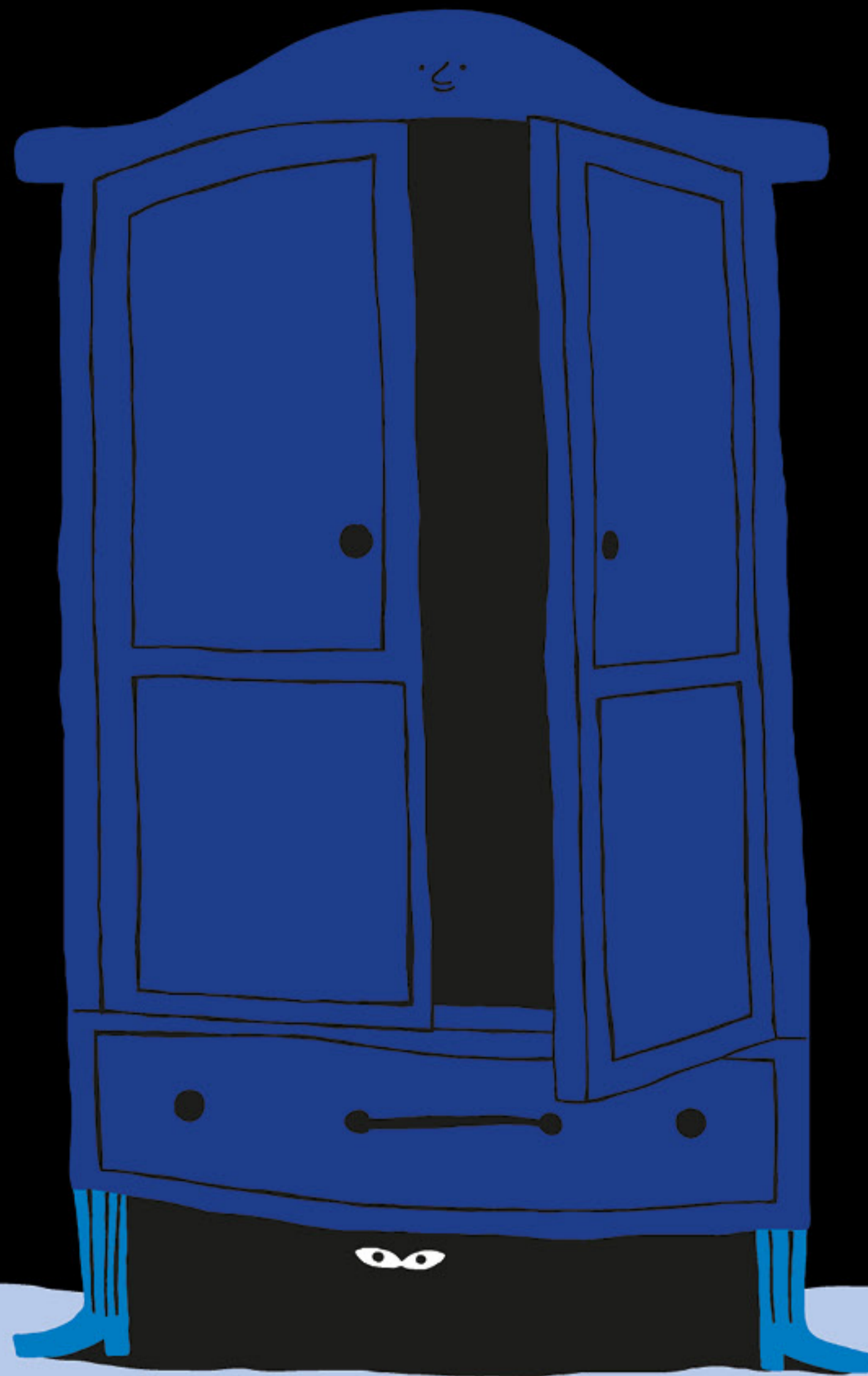


DARKNESS
IS SIMPLY THE
ABSENCE OF LIGHT.

IT HIDES
IN CORNERS,

CLOSED
SPACES

OR
UNDERGROUND...



... AND IT **COMES OUT** AT NIGHT.

EVEN THE DEEPEST DARKNESS WILL PASS...



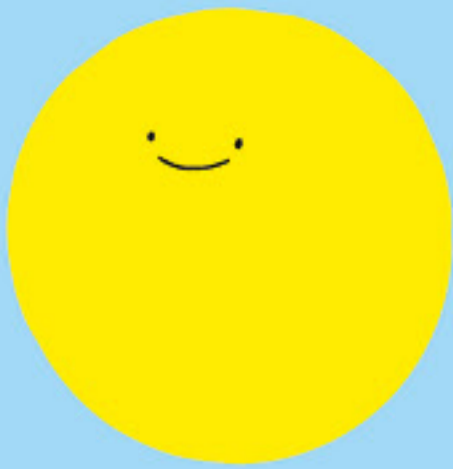
... AND THE LIGHT WILL COME AGAIN.



STRONG LIGHT CAN
HURT OUR EYES.



BUT LIGHT CAN WORK
WONDERS WITH OUR MOOD.





LIGHT &

WRITTEN BY RADKA PÍRO



DARKNESS



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Darkness and light are most obvious to us in the alternation of day and night. Still, humans can make light, and darkness is not limited to the night. When do darkness and light occur, and how do they affect our mood? Can light ever be harmful, and can darkness be good for us? This book has the answers, and these answers may surprise you!