



About Sarah Strudwick:



Sarah decided to write Dark Souls after a relationship with a man she nicknamed Oliver which started off as a fairy tale and turned out to be a horror story.

She had no idea she was dating a sociopathic narcissistic or Dark Soul as she has called them in her new book.

Sarah Said "I really did not want to write this book but I felt I had to for the sake of my children and for all those women who have been in relationships where they had no idea what was going on. If this book helps even a handful of people in educating them about these Dark Soul personality and how manipulative and easily they blend in and stops another woman or man from being harmed then my painful journey with Oliver with have been worth it. Its also one of the reasons why I developed the Butterfly Effect. We cannot change these people be we can change ourselves."

Sarah Strudwick is a respected spiritual life coach and NLP practitioner specialising in personal growth, self-esteem and relationship issues.

Drawing upon her own life experiences - including an abusive childhood and relationship with a psychopathic partner - Sarah has developed a unique style of spiritual coaching practice - the "Butterfly Effect".

Sarah regularly runs negative core belief workshops and shares the techniques she successfully used to transform her life for the better. She is also a qualified Chinese acupuncturist.

Sarah, a divorced mother-of-two who lives in Kettering, has recently been shortlisted for Britain's Next Top Coach. She has appeared in the Daily Mail and on BBC Radio 5 Live. discussing dysfunctional parents.

Sarah first started work as an office worker and worked her way up after leaving school at 17 to become an IT trainer running a computer network for a number of years before having her children. She has run her own business with her ex husband for a number of years before finally retraining as an acupuncturist 10 years ago.