

New Release Reveals Why Visiting Tragic Sites Might Be the Ultimate Self-Help

A powerful journey through history's darkest sites reveals how facing the past can help us heal the present and reshape our future.

HOYT LAKES, MN, UNITED STATES, April 7, 2025 /EINPresswire.com/ -- Expert mental health

“

Self-help books might make you feel good—a quick hit of optimism—but it fades.

What I offer cuts deeper, into the primal brain wired for survival. It sticks. And when life gets hard, it's still there.”

Dr. Chad Scott

therapist, educator, and Amazon bestselling author Dr. Chad Scott is proud to announce the upcoming release of his powerful new book, *Beyond the Darkness: Transformative Journeys Through Dark Tourism*, launching May 1st, with pre-orders available now.

With a foreword by Dr. Philip Stone—Executive Director of the Institute for Dark Tourism Research and a leading figure in the academic study of dark tourism—this groundbreaking work blends travel memoir, history, and psychological insight to reveal how confronting humanity's darkest moments can unlock emotional strength, empathy,

and healing.

In *Beyond the Darkness*, Dr. Scott leads readers through haunting yet sacred places: Auschwitz, Alcatraz, Ground Zero, the catacombs of Paris, Civil War battlefields, historic estates, and more. Drawing from his life as a therapist navigating anxiety, divorce, and a liver transplant, he explores how the world's darkest destinations can teach us about grief, resilience, and transformation.

“Scott’s journey through sites of human suffering is not one of despair,” says Dr. Stone, “but of understanding, connection, and ultimately, renewal.”

Scott adds:

“Self-help books might make you feel good for a little while—a quick hit of optimism—but it fades. What I offer cuts deeper, into the primal brain wired for survival. It sticks. And when life gets hard, it's still there. Waiting. Ready.”

Beyond the Darkness is not a traditional guidebook. It's a raw, deeply personal, and emotionally intelligent account of finding meaning in tragedy—ideal for travelers, educators, history buffs,

and anyone searching for hope in the face of hardship.

Inside *Beyond the Darkness*, readers will discover:

1. Immersive stories from the world's most historic dark tourism sites—grouped thematically to explore how different types of tragedy shape the human experience.
2. A new philosophy of travel—how visiting sites of tragedy can illuminate your own inner journey.
3. Timeless lessons on grief, resilience, and the courage to grow through pain.
4. A therapist's personal odyssey—how confronting darkness sparked deep healing and transformation.

Perfect for readers of Anthony Bourdain's adventurous spirit, Viktor Frankl's search for meaning, and Sheryl Strayed's personal vulnerability, this book is for anyone drawn to powerful travel writing and meaningful history—a guide to finding hope, strength, and clarity in the shadows.

Preorders are available now on Amazon Kindle, with the full release on May 1st and an audiobook to follow.

About the Author:

Dr. Chad Scott is a licensed therapist, educator, and author based in northern Minnesota. A private pilot and adventurer at heart, he has spent nearly three decades in the mental health field and has extensively taught psychology at Bemidji State University.

About the Publisher:

Beyond the Darkness is being published by Whitefox Publishing of London and distributed by Ingram and Gardners. Available May 1st.

Chad Scott

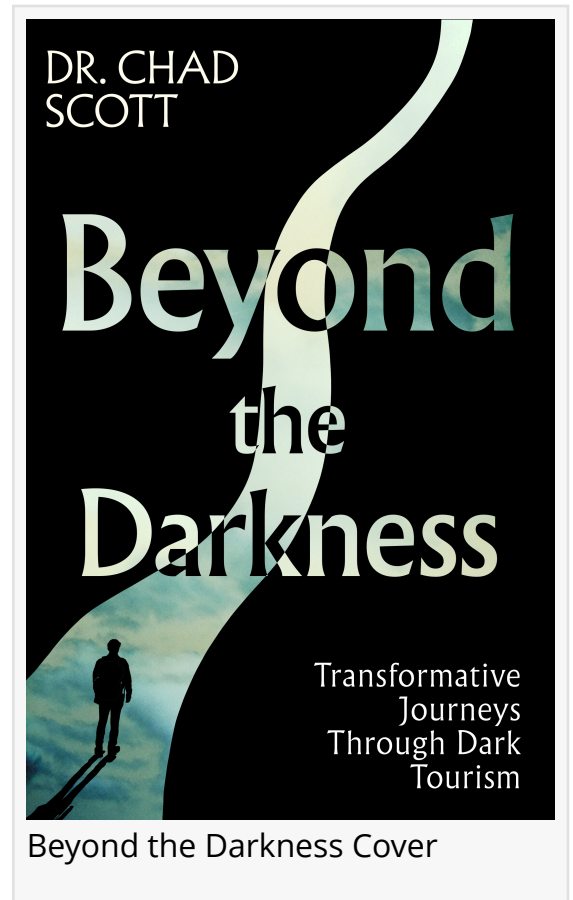
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