



Truth Heals: What You Hide Can Hurt You

By Deborah King

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Truth Heals: What You Hide Can Hurt You explores the powerful relationship between the suppression of painful emotions and their impact on health and well-being. Through celebrity profiles, case histories of clients, and the telling of the author's own remarkable recovery from abuse, addictions, and cancer, *Truth Heals* illustrates how each of us can transform our lives.

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Editorial Review

Review

I have long taught that acknowledging and expressing our feelings is healing and empowering. This book provides a powerful road map for exactly how to do it. I highly recommend it. -- **Jack Canfield**, Co-author of the #1 New York Times bestselling series *Chicken Soup for the Soul®* and *The Success Principles™*: *How to Get From Where You Are to Where You Want to Be*

“Truth Heals” is spot-on accurate about what it takes to heal. Deborah King is a courageous and gifted healer. --**Christiane Northrup, MD**, author of *Mother-Daughter Wisdom* (Bantam, 2005), *The Wisdom of Menopause* (Bantam, revised 2006), and *Women’s Bodies, Women’s Wisdom* (Bantam, revised 2006)

“Truth Heals” is a must read for many reasons, not the least of which is that to speak one’s truth on any level requires personal courage and self-esteem. Truth is a powerful substance, whether it is one’s personal truth or becoming a container for mystical truth. Truth transforms the carrier and that is why truth heals. This book is a must read for every seeker on the path. --**Caroline Myss**, author of *Entering the Castle* and *Anatomy of the Spirit*.

Deborah King's Truth Heals is about the courageous act of facing the truth about one's life and the liberation that can come from this. An inspiring work for all those interested in healing themselves and others. --**Michael Murphy**, Cofounder and Chairman of the Board of Esalen Institute

Truth Heals is beneficial to anyone seeking not just to live life, but to grasp it firmly in their hands and make it what they want.--**Ken Dychtwald, Ph.D.**, author of *The Power Years: A User's Guide to the Rest of Your Life*

We’re pleased to tell you about an important new book *Truth Heals: What You Hide Can Hurt You*, by Hay House author Deborah King, a health & wellness expert and frequent guest on TV. It’s a spiritual reality that the truth can change your life! --**Spiritual Cinema Circle**

From the Author

They say a book is a labor of love. For me this has certainly been the case. I wrote *Truth Heals: What You Hide Can Hurt You* because I wanted to reach as many people as possible with the message that I teach in live events: that the truth can set you free. It was my love for people I have never met but whom I know I can help that pushed me to bring this book to print.

From the Inside Flap

In this powerful and thoughtful book, Deborah King explores the relationship between the suppression of our truth and its later manifestation as pain or illness.

Using her years of study and experience, Deborah guides you through a process that allows you to:

- Connect the dots between what's happening to you physically and emotionally
- Uncover your truth, knowing that you don't need to remember an event to heal from it
- Give the gift of true love – an honest and loving relationship with a healthy and happy you!

Through client histories, celebrity profiles, and sharing her own remarkable journey of healing, the author demonstrates how anyone can release deep-seated layers of denial, fear, and anger in order to heal the mind and body.

Users Review

From reader reviews:

Christopher Milbrandt:

Reading can called mind hangout, why? Because when you find yourself reading a book mainly book entitled Truth Heals: What You Hide Can Hurt You your mind will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will become your mind friends. Imaging every word written in a guide then become one application form conclusion and explanation which maybe you never get just before. The Truth Heals: What You Hide Can Hurt You giving you another experience more than blown away your mind but also giving you useful facts for your better life with this era. So now let us demonstrate the relaxing pattern is your body and mind will be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary paying spare time activity?

Thomas Murray:

Do you have something that you enjoy such as book? The book lovers usually prefer to decide on book like comic, small story and the biggest some may be novel. Now, why not trying Truth Heals: What You Hide Can Hurt You that give your pleasure preference will be satisfied by reading this book. Reading behavior all over the world can be said as the opportunity for people to know world much better then how they react to the world. It can't be explained constantly that reading behavior only for the geeky person but for all of you who wants to become success person. So , for every you who want to start reading as your good habit, you are able to pick Truth Heals: What You Hide Can Hurt You become your current starter.

Keith Barnett:

Many people spending their period by playing outside with friends, fun activity along with family or just watching TV 24 hours a day. You can have new activity to shell out your whole day by studying a book. Ugh, you think reading a book really can hard because you have to bring the book everywhere? It ok you can have the e-book, taking everywhere you want in your Touch screen phone. Like Truth Heals: What You Hide Can Hurt You which is having the e-book version. So , try out this book? Let's observe.

Richard Broderick:

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