

# [PDF] Living The Truth: Transform Your Life Through The Power Of Insight And Honesty

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**Books Details:**

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**Description:**

**About the Author** Keith Ablow, M.D., is a Brown University and Johns Hopkins trained psychiatrist, writer, and television personality. He is a contributing editor of Good Housekeeping and has written for the New York Times, the Washington Post, USA Today, Cosmopolitan, and many other publications. He has appeared as an expert on television shows including Oprah and Good Morning America, and he is a frequent guest on Tyra, Court TV, and other shows. Ablow is married and the father of two.

**From** The author is a kind and genuine promoter of the belief that satisfaction in life must begin

with an honest look at who we are and how we became who we are. A psychotherapy advocate, Ablow shows how facing old injuries can remove blocks to happiness and free up creative energy. Hes especially articulate about the ways people avoid their issues by numbing themselves with denial, repression, alcohol, irresponsible spending, or avoidance of intimacy with others. In a pleasant baritone, Ablow manages the mood and tempo of his reading like a pro yet never wavers from sounding empathetic toward his listeners. A printable worksheet will help listeners understand their coping mechanisms and aid them in reworking problem areas. T.W. © AudioFile 2007, Portland, Maine-- *Copyright © AudioFile, Portland, Maine* --This text refers to an out of print or unavailable edition of this title.

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