



Living the Truth: Transform Your Life Through the Power of Insight and Honesty

Keith Ablow

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For anyone stuck in a bad relationship, for anyone trapped in a job that's unfulfilling, for anyone who drinks too much or uses food as a drug, for anyone whose lifelong dreams have fallen by the wayside-here's help.

Renowned psychiatrist Dr. Keith Ablow offers surprising and effective new strategies for turning the pain of the past into the power of the future. Drawing on more than 15 years of clinical experience, he presents case studies that reveal how ignoring painful memories can negatively affect every aspect of our lives.

Acknowledging that examining the past can be daunting, he presents ideas and exercises that are as comforting and rewarding as they are redemptive. Through Ablow's storytelling skills, empathetic voice, and straight-up advice, the experience of reading this book becomes the first step to a brilliant life.

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