

## Feelings Buried Alive Never Die ~ By Karol K. Truman

The stages of healing include physical, emotional, mental and spiritual levels. This book was my first introduction to healing on an emotional and mental level. I would say it is one of my favorites and a classic. It really opened my eyes as to why I may feel some of the feelings that I do and how to transform the less desirable ones. It is a powerful book and you can now get it through Christopher Publications at **15% off**.

From the introduction of the book:

*Everywhere I turn, people from all walks of life are experiencing what seem to be insurmountable challenges in their lives. Those who are striving to alleviate the pain created by these challenges have undoubtedly searched for relief. Many have found or are finding help to minimize the pain they are experiencing as they continue to add knowledge and understanding to assist them on their journey through life.*

*Yes, I too, have had my share of challenges. In 1984, however, I was given the gift of a wonderful "tool" that began instantly to impact my life in a very positive manner. Those family members, friends and clients who have had benefit of this "tool" and who have used it on a consistent basis have also made significant alterations in their lives.*

*I would be the last one to tell you or lead you to believe that this "tool" will solve all your problems, or that you won't need to know anything else after you learn to use this "tool" - the journey is on-going. I only know that by using this "tool" I have been able to alleviate about 90% of the negativity and erroneous programming in my life, the results of which has brought me the sweet gifts of serenity, love, contentment, peace and joy. I am compelled to share it with you. This "tool" has the potential of revealing you to yourself, IF. . . you are prepared to be accountable for your feelings, your thoughts and your beliefs.*

*My sincere intent is that you will have a strong desire and the motivation to incorporate this "tool" into your life and come to a better understanding of who you really are.*

*May your journey be as exciting and fulfilling as mine. May you be able to alleviate those significant negative feelings, thoughts and beliefs in your life that have caused or are causing you to experience pain of any kind.*