

Feelings Buried Alive Never Die

We are featuring the book, *Feelings Buried Alive Never Die* by Karol K. Truman this month as a tool for anyone who may struggle with emotional or physical issues that they can't seem to resolve. This book explains how there is always an emotional issue underlying each physical issue in the body and provides a tool to help eliminate the buried feelings causing physical problems on a subconscious level.

The author states in the first chapter of the book that;

“The purpose of this book is to share with you how to return to, or perhaps attain for the first time in your life, the forgiveness, peace, love, joy, success, happiness and tranquility you are desiring and seeking.

“Using the principles and the tool contained in this book on a daily basis enhances your ability to bring the physical, mental, emotional, spiritual, and social aspects of your Being into alignment and balance. This alignment then provides the internal environment that makes it possible for you to achieve an inner harmony and peace -- contributing greatly to any desirable changes you wish to make.”

This book helps us approach our health from an angle other than the physical and take responsibility for our own thoughts and feelings and therefore our own health. There is a section of the book with a list of ailments and the feelings associated with the ailment. Using the tool described in the book can help to change the circumstances that led to the ailment. Dr. Christopher always said you need to go to the cause of disease in order to truly heal. This book helps you go to the cause on an emotional and spiritual level.

“Karol Truman has brought together in one book, *Feelings Buried Alive Never Die*... the best of the best. She not only tells you why you feel the way you feel, but how these feelings all started. She then goes on to tell you how YOU can easily transform undesirable feelings so that they no longer hinder your growth. What a gift!” (From the back cover of the book)