

Feelings Buried Alive Never Die: Uncover the Truth and Heal Your Heart

Have you ever felt like there's something inside you that you can't quite put your finger on? A feeling that's always lurking in the background, just beneath the surface? That feeling might be a buried emotion.



Feelings Buried Alive Never Die by Karol Kuhn Truman

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3242 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 262 pages
Lending	: Enabled



Buried emotions are feelings that we've pushed down and hidden away, often because we're afraid of them or don't know how to deal with them. But just because we've buried them doesn't mean they're gone. In fact, buried emotions can have a powerful impact on our lives, even if we're not aware of them.

In her groundbreaking book, *Feelings Buried Alive Never Die*, Dr. Karol Truman reveals the hidden power of buried emotions and provides a roadmap to healing your heart. Drawing on her years of experience as a

therapist, Dr. Truman shows how buried emotions can lead to a wide range of problems, including:

- Anxiety and depression
- Relationship problems
- Physical pain
- Addictions
- Self-sabotage

But Dr. Truman also shows that it's possible to heal from buried emotions and create a life filled with joy and fulfillment. In *Feelings Buried Alive Never Die*, she provides a step-by-step process for uncovering and healing your buried emotions. This process includes:

- Identifying your buried emotions
- Understanding why you buried them
- Processing your emotions in a healthy way
- Letting go of the past and moving on

Feelings Buried Alive Never Die is an essential read for anyone who wants to understand the power of emotions and create a life filled with joy and fulfillment. It's a book that will change your life.

What Others Are Saying About *Feelings Buried Alive Never Die*

"Dr. Truman's book is a groundbreaking work that sheds new light on the power of buried emotions. This book is a must-read for anyone who wants

to understand themselves better and create a life filled with joy and fulfillment." - **Oprah Winfrey**

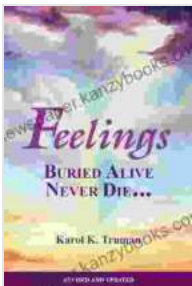
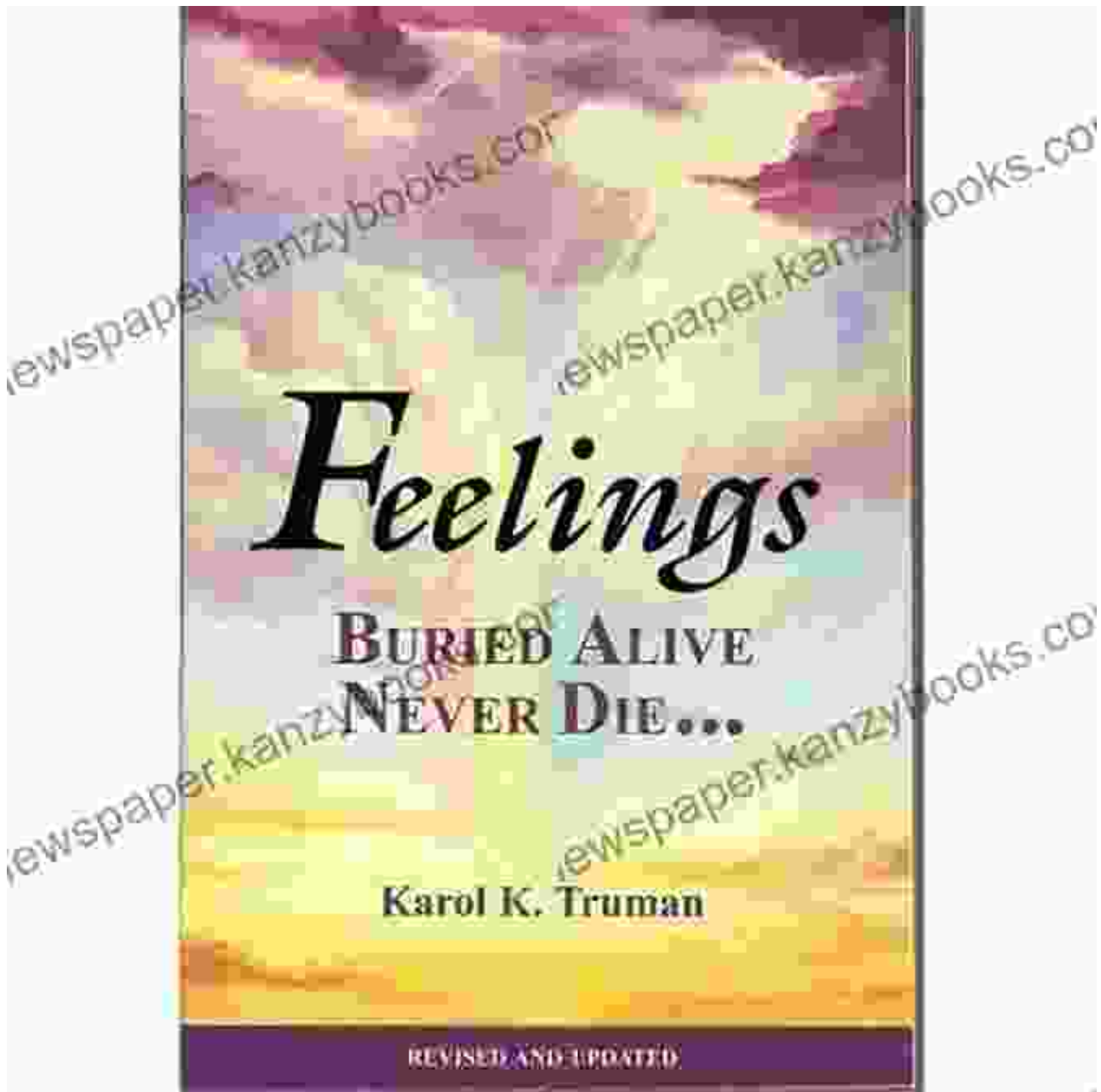
"*Feelings Buried Alive Never Die* is a powerful and transformative book. Dr. Truman's insights are invaluable, and her step-by-step process for healing buried emotions is incredibly effective. This book has changed my life, and I highly recommend it to anyone who is struggling with buried emotions." -

Tony Robbins

"Dr. Truman is a gifted therapist and writer. *Feelings Buried Alive Never Die* is a beautifully written and deeply insightful book that will help you understand and heal your buried emotions. This book is a treasure, and I highly recommend it." - **Deepak Chopra**

Free Download Your Copy of *Feelings Buried Alive Never Die* Today!

Click here to Free Download your copy of *Feelings Buried Alive Never Die* today and start healing your heart.



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