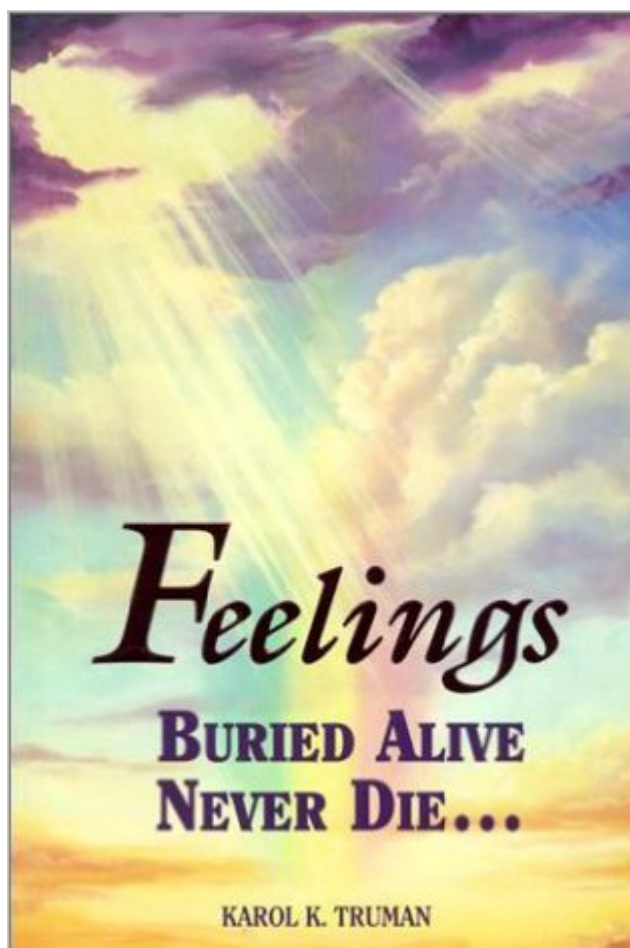


The book was found

Feelings Buried Alive Never Die



Synopsis

Karol Truman provides a comprehensive and enlightening resource for getting in touch with unresolved feelings which, she explains, can distort not only happiness but also health and well-being. Leaving no emotion unnamed, and in fact listing around 750 labels for feelings, Truman helps identify problem areas, and offers a "script" to help process the feelings, replacing the negative feeling with a new, positive outlook. A chapter on the possible emotions below the surface in various physical ailments gives the reader plenty to work with on a deep healing level. **FEELINGS BURIED ALIVE NEVER DIE** combines a supportive, common-sense, results-oriented approach to a problem that is widespread and that can stop people from living fully.

Book Information

Paperback: 307 pages

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Product Dimensions: 1 x 6 x 8.8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (453 customer reviews)

Best Sellers Rank: #3,655 in Books (See Top 100 in Books) #18 in Â Books > Health, Fitness & Dieting > Mental Health > Emotions #596 in Â Books > Self-Help

Customer Reviews

I know, from reading all the other reviews, that I am not alone in my sincere appreciation for the work of Karol K Truman in composing the book "Feelings Buried Alive Never Die." But why did it take me so long to find it? I think this book is must-read, must-share, must-remember resource for living a healthy life. It stands above other books about the importance of feelings by its sheer volume of intriguing and useful information. Feelings Buried Alive Never Die is a book that explains in 21 chapters how emotional health impacts physical health. This is something often overlooked and downplayed in mainstream medicine, even though there are countless scientific experiments (which she shares) that prove how the electrical current of your emotions affect the function of your organs and nervous system. In the first few chapters Karol explains what emotions, feelings, thoughts, and beliefs are - as well as how your childhood experiences develop these aspects of life. Too many of us suppress and bottle up our emotions without realizing that they will stick with

us. One unique section of her book is the "Probable Feelings Causing Illness" chart that covers over 200 ailments (like candidiasis, anxiety, and liver problems) with exercises to help you work through and release their related feeling. These exercises are amazing. My favorite chapter, chapter 17, addresses feelings and beliefs that are related to success. In it, she matches negative feelings with positive scripts to read aloud to uplift your mood and put you in a space of confidence and self-love. As she says in the book, "It can literally take the slums out of you, and then you change your environment."

This book came to me when I needed it most; Relationship had just ended, and I was feeling horrible. I still don't remember how I found this book online; maybe I typed "Someone please stop this pain" and hit enter... Read a few reviews and tried the book. The first 94 or so pages all sounded like stuff I'd read before; and most readers will probably feel the same way; How our Biography = our Biology Etc; which, at the time always sounded like a something you'd say to impress others, but really didn't know what the hell it meant. I kept reading, and then the light went on. Suddenly, all the other books I have on my shelves (and I've got them all, trust me) MADE SENSE. Karol put things in a way that spoke to me, whereas all the other bestsellers sounded great in theory but never hit home. I too, found the Birthing / Inutero stuff a little overdone, but the rest of the book and its REAL WORLD RESULTS make those minor gripes an afterthought. The "Script" is just flat-out powerful. I don't really understand how or why it works, and I don't care because I feel so happy and grateful for my life, and all the beauty that is all around me, every second.. and maybe, for the first time in my life, I'm happy just being ME; just as I am right now. Yes, I still have many things I want to improve in my life, and I will have those things because I finally feel I DESERVE to be happy. I really love how I feel when I use the script, because any bad feeling I carry, I address then and there, if possible... then, in a real subtle way, say an hour or so later, I kinda "notice" that I'm not feeling that "bad" feeling... It just evaporated; gone. I like the fact that you don't have to "try" anything; it just works for you. This book will always be with me.

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