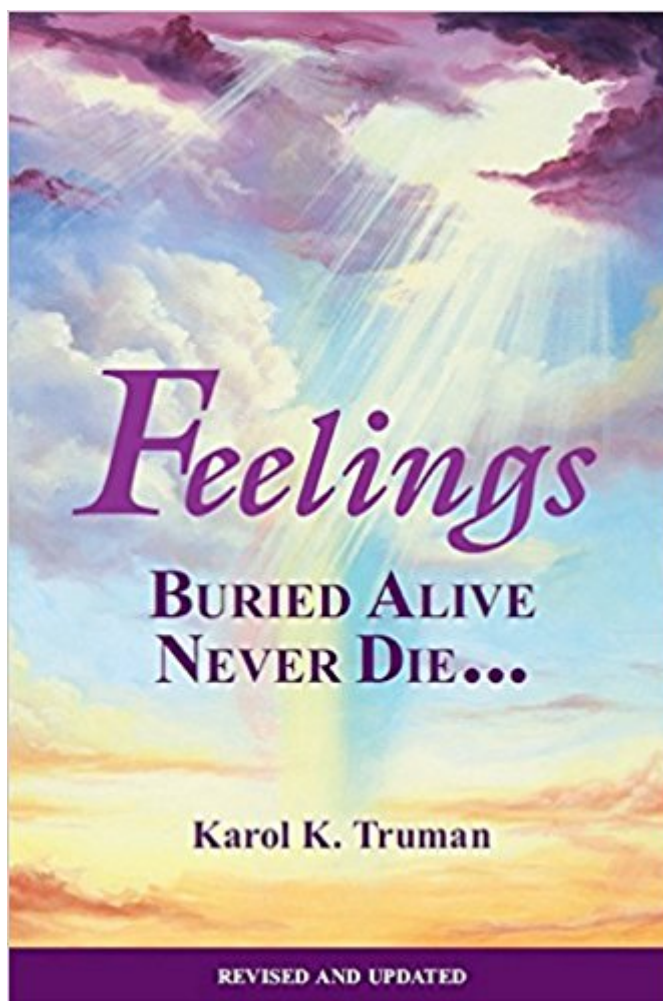


The book was found

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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Average Customer Review: 4.7 out of 5 stars 512 customer reviews

Best Sellers Rank: #7,368 in Books (See Top 100 in Books) #32 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#) #922 in [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." I truly believe that by earnestly practicing the principles in *Feelings Buried Alive Never Die*, a person can overcome their emotional baggage and achieve major healing. In the months around my wedding engagement I had a terrible mix of illness and depression all because I was scared that lust for a friend would ruin my marriage with my true love. Things were ugly :/ But, by learning how to identify and release my emotions, I experienced a miraculous recovery and lived through my engagement and wedding, happily, with both men in their rightful places in my life. The bottom line is that the information on this book should be shared with everyone! It's a top ten book for me, absolutely. If you found my review helpful, I would also recommend that you check out: Louise Hayes, *It's Impossible Love: Or Why the Heart Must Go Wrong*, and *We: Understanding the Psychology of Romantic Love*.

I love this book and reference it all the time - got mine years ago and it's still helping. Even if you aren't religious it can help you work through your "stuff" OR, on the other side, if you are very religious it can tweak the way you pray or talk to God or your higher power or higher self. This book can be a universal way to have your life changed because it shows you how to work on your "stuff" even if you don't know what it is yet (like you know you have problems in relationships but you don't even know why- you can address "That thing that causes this") and your life can start shifting. Really neat stuff!

One of my favorite books for years, I finally bought it as a digital version so I can have it on my phone and access it wherever I go. It's a great reference to help you understand what emotions you may be subconsciously experiencing that are affecting your body physically.

Having had progressing health issues, my brother recommended this book. He suggested it might be a place to start to uncover hidden emotions that might be the root of it all. BIG help!

Soo much good information. If you want to know why you tick the way you do!? (OR) You might

wonder why you ache so much! Here is the answer, and here is some options to get yourself synced up with your real desires for your life. For me it's great! You have to decide it for yourself!

This book helped change my life. I have no doubt been blessed and transformed. If you have been stuck in life in any area please read.

This book is my #1 go to reference when I'm encountering any illness or symptom. Although I have read the text it's been a few years. I find I have a good grasp of the content in the book that I don't need to revisit it, but the list of illnesses and probable feelings associated with them is much more substantial than I've found in other books. I am a life coach and use this extensively with clients.

This book has so much truth in it!! Anyone who is in tune with emotions and how they impact our overall health, will want to read this book at least once but most likely will refer to it often. It explains how buried feelings affect different areas of the body, especially if not processed and forgiven. It gives you ways to release old, stuck emotional issues and the positive words to reprogram the negative words with. It has been a life saving tool for our family!!

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