



# The Truth Begins with You: Reflections to Heal Your Spirit

*Claudia Black*

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# The Truth Begins with You: Reflections to Heal Your Spirit

*Claudia Black*

## **The Truth Begins with You: Reflections to Heal Your Spirit** Claudia Black

An inspiring collection of healing messages offering comfort, encouragement, serenity and hope to anyone who has survived a painful childhood or traumatic event in their lives, including addiction, whether their own or that of a loved one. Touching on issues such as trust, denial, self-acceptance, forgiveness, and faith, with many messages illuminated by a vibrant, evocative illustrations.

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