



# *Feelings*

**BURIED ALIVE  
NEVER DIE...**

**Karol K. Truman**

**REVISED AND UPDATED**

*Karol K. Truman*

## Feelings Buried Alive Never Die



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Karol Truman offers a comprehensive and enlightening resource for getting touching unresolved feelings which, she explains, may distort not only happiness but also health and well-being. A chapter on the feasible emotions below the top in a variety of physical ailments gives the reader plenty to utilize on a deep healing level. Departing no emotion unnamed, and actually 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. FEELINGS BURIED ALIVE NEVER DIE combines a supportive, common-sense, results-oriented approach to a problem that is widespread and that may stop people from living fully.



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Better Out Than In I understand, from reading the rest of the reviews, that I am not alone in my sincere appreciation for the task of Karol K Truman in composing the reserve "Feelings Buried Alive Under no circumstances Die... It stands above additional books about the need for feelings by its sheer volume of intriguing and useful info. Feelings Buried Alive Never Die is a publication that explains in 21 chapters how emotional health impacts physical wellness.! In the initial few chapters Karol explains what emotions, feelings, thoughts, and beliefs are - and also how your childhood encounters develop these aspects of life. Too many of us suppress and bottle up our feelings without recognizing that they will stick with us. One unique portion of her book is the "Probable Feelings Leading to Illness" chart that covers more than 200 ailments (like candidiasis, anxiety, and liver complications) with exercises to help you work through and launch their related feeling. and then you will need to get it for those you love. The best chapter, chapter 17, addresses feelings and beliefs that are related to success. Also to be perfectly honest, I didn't need to read a thing that contradicted with my beliefs. As she says in the publication, "It can literally take the slums out of you, and then you switch your environment. And it's off to the next thing or another person.. Things were ugly :/ But, by learning how to identify and launch my emotions, I experienced a miraculous recovery and lived through my engagement and wedding, happily, with both males in their rightful places in my life. Think about it, don't you want to feel content? She takes deep, almost ineffable ideas, and phrases them in a manner that really clarify feelings I've had. In the event that you discovered my review helpful, I'd also advise that you check out: Louise Hayes, Impossible Love: Or As to why the Heart Must Go Wrong, and We: Understanding the Psychology of Romantic Love. I'm pleased I began this though. This book really offers you the device to provide peace to your daily life and hopefully bring you good health. Enlightening This is essential read! I purchased this reserve when I returned but didn't dive involved with it much initially ~ there were some other books I had also ordered which were shorter and quicker reads. But irrespective of when the feelings were experienced, they ARE buried alive and never die. In the months around my wedding engagement I had an awful mix of illness and major depression all because I was scared that lust for a friend would ruin my marriage with my true love.." But why achieved it take me so long to think it is?. Feelings Buried Alive and Never Die is a superb title, as it personifies what is actually happening. It's a high ten book for me, absolutely. Just how she explains stuff makes a whole lot of sense and provided me many "Ah-Ha" moments. Therefore what's avoiding you from feeling content constantly? Seriously, get this reserve, do the Script work, live an improved life. To be honest, I actually poo-pooed the idea at first and was simply intrigued when this issue was component of a seminar. I did so not have buried alive feelings until recently. In it, she matches

negative emotions with positive scripts to read aloud to uplift your feeling and place you in a space of confidence and self-love. I have a BA in Biology and am a Christian, so I didn't want something so "New Agey" that could go against years of training for Biology or make an effort to sway me from my Christian beliefs. Overall, a very helpful, common sense approach to what we cannot see. This is fantastic read. Truman did a very good work of explaining the biology at the beginning, and also wove faith through the entire book (regardless of what faith you follow). I came across the tools very applicable and useful. She not merely explains how this functions, but why it functions and how to use it. It's now one of my most-referenced books that I use. I highly recommend this book for anyone who is smart enough to realize that releasing unresolved adverse emotions can only led to a happier life. I think this publication is must-read, must-share, must-remember source for living a wholesome lifestyle.. without some help from authors like Karol Truman. Seriously, understand this book. The end result is that the information on this book should be shared with everyone! Do you really believe that permanent happiness are available by buying stuff or getting the right romantic relationship? The technique taught in this book will help you launch this baggage carefully and permanently." I truly believe that by earnestly practicing the principles in Emotions Buried Alive Never Die, a person can overcome their emotional baggage and achieve major healing. So what's keeping you from finding happiness? I have no idea how the author made the connections, but they are quite accurate. I acquired more help from this book than a lot of time of therapy could ever have done. Well, basically it's because we all have hidden dark psychological baggage that gets in the form of the spiritual light (that light is usually who we are) from shining out. Unfortunately these only can make you content for a short while. Everybody offers lifetimes of 'stuff' release a. I am using the 'Script' (the primary technique in this book) for several years. I've utilized it so often I have it memorized. I want you to learn that by using this technique faithfully, life does get less complicated and a whole lot lighter. Way more than I expected I heard about this book at a conference and it had been really the first time I'd heard about this idea. Awesome Instruction for Mental MEDICAL RESEARCHERS I have worked as a mental health professional for twenty years. For the past nineteen years, I've described this book when clients with serious mental health problems present with medical complications. The publication is on focus on ninety-nine percent of the time! Spiritual leaders teach that accurate happiness can only result from inside you. Christy Great read Get This Book. Five Stars Wonderful book, I recommend it! Simply DO it! There is ore here than I can say but I'll say that book will business lead you into understanding about why you and the ones you love act the way they do, possess physical issues they do and how exactly to heal that un-noticed wound that is buried deep in your getting. You will be so glad

you got this publication. These exercises are amazing. I disagree with that, as I know from personal experience that the negative feelings I have experienced have come within the last few years from very latest traumas. Please be kind to yourself and get this book! This is something often overlooked and downplayed in mainstream medicine, even though there are countless scientific experiments (which she shares) that prove the way the electrical current of your feelings impact the function of your organs and anxious system. I really appreciate the hard work and spirit placed into writing this publication, I feel like it's very effective in digging out and releasing negative thought processes and feelings, makes very good usage of scripture and scientific study, and does a amazing work at reaching out to the reader on an individual level. Five Stars This book is so interesting and it is so true UNDERSTAND THIS Book! I am very thankful for having this as a manual for healing and freeing myself from fearfulness and negativity. If you are even Considering getting this book. Your health and reassurance are worth it I would recommend this publication to anyone who keeps any anger, resentment, or insecurity. The Writer spent a little too very much time on her behalf assumption that feelings are ingrained in us BEFORE we are six years old. Period will tell on the health, I know I've observed a difference already in my own feelings for a certain individual who tried to destroy my children. Success in Personal & Professional Growth Personal development. I'd like to say I held an open mind, but I most likely didn't when I first started it.



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