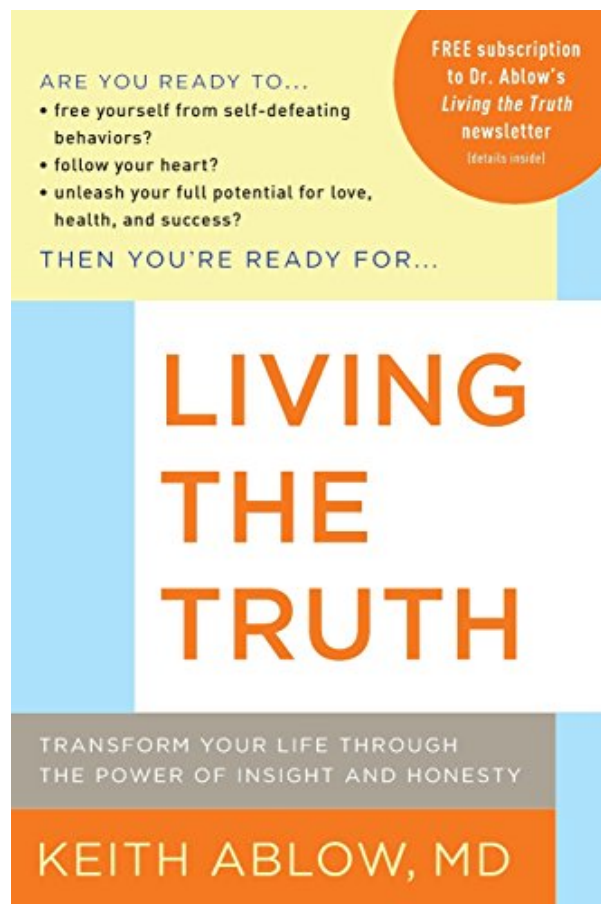


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KEITH ABLOW, MD

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About the Author

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From AudioFile

The author is a kind and genuine promoter of the belief that satisfaction in life must begin with an honest look at who we are and how we became who we are. A psychotherapy advocate, Ablow shows how facing old injuries can remove blocks to happiness and free up creative energy. Hes especially articulate about the ways people avoid their issues by numbing themselves with denial, repression, alcohol, irresponsible spending, or avoidance of intimacy with others. In a pleasant baritone, Ablow manages the mood and tempo of his reading like a pro yet never wavers from sounding empathetic toward his listeners. A printable worksheet will help listeners understand their coping mechanisms and aid them in reworking problem areas. T.W. © AudioFile 2007, Portland, Maine-- Copyright © AudioFile, Portland, Maine

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PDF

For anyone stuck in a bad relationship, for anyone trapped in a job that's unfulfilling, for anyone who drinks too much or uses food as a drug, for anyone whose lifelong dreams have fallen by the wayside--here's help.

Renowned psychiatrist Dr. Keith Ablow offers surprising and effective new strategies for turning the pain of the past into the power of the future. Drawing on more than 15 years of clinical experience, he presents case studies that reveal how ignoring painful memories can negatively affect every aspect of our lives. Acknowledging that examining the past can be daunting, he presents ideas and exercises that are as comforting and rewarding as they are redemptive. Through Ablow's storytelling skills, empathetic voice, and straight-up advice, the experience of reading this book becomes the first step to a brilliant life.

- Sales Rank: #368849 in Books
- Brand: Unknown
- Published on: 2008-04-09
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x .38" w x 5.50" l, .64 pounds
- Binding: Paperback
- 320 pages

Features

- Living the Truth: Transform Your Life Through the Power of Insight and Honesty

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Most helpful customer reviews

56 of 59 people found the following review helpful.

This was a life altering book for me

By A. Goya

I starting reading this book thinking I was not in denial, but I wanted to see what it had to say. I did the exercises even if I didn't see the point. Well I found out although I had not blanked out any memories, I had repainted some seemingly small details that made a huge difference when I saw them for what they are. This book has helped me to start working on things that I really didn't know were a problem, and it has brought significant change into my life.

For the first time I can remember in my 38 years, I have a sense of peace and I am starting to feel comfortable in my own skin, which is something I didn't think was possible. I still have a long way to go on the road I am on, but before this book I didn't even know the road was there.

This book takes you through the steps to dig into what things have caused you pain and see them for what they are. Then it gives you the steps to overcome the limits you placed on yourself due to what you have uncovered. This is not a feel good cover up, this is the real thing that will help deep within yourself. It isn't always easy, but it is absolutely worth it.

Edit July 2012 to say: Dr. Ablow seems to have aligned himself with a political side since this book came out and that may scare some people off. I didn't want that to stop anyone from getting this book, because I really think it can help so many people. This book came out when he was politically neutral so there is nothing political in it, and it is still great at helping someone uncover what hurt them and the behaviours that are not in their own best interests.

I wrote my first review on the book about 5 years ago and after reading it I am reminded how far I have come. I really thought I was pretty much together when I picked up this book. I have an interest in Psychology, so I was reading it for that mostly. Sure I had an awful childhood, but who didn't. I had mostly sorted that out long ago. What's one little abandonment issue when you are in a good marriage? It's nothing! Well I found out I was wrong after I started working through this book! I had a lot more going on than I thought. The changes for me have been mostly internal. I let go of a lot of anger I didn't even know I had, and I did a lot of forgiving, something I was never good at. It's a process to this day, I still have issues with self esteem, that is such a complex issue for me...but I feel so much better than I did before. When you are working through Living the Truth, you have to be honest with yourself and be willing to write out past events when you were hurt by someone.

I will say it again after all these years... This is not an easy book to work through, it is not a quick fix, feel good quick, fade away fast answer. This will actually help you make your life better, it isn't going to be easy, you have to do the exercises but if you do, it will pay off.

31 of 35 people found the following review helpful.

From pain to power

By Joshua Resnek

Dr. Keith Ablow's tome, "Living the Truth," isn't just another self-help book. It breaks new ground, offers new assumptions, and for many of those who will read it and listen to its voice, there is hope for a better future. The truth can often be a terrible weapon of aggression. Ablow's book, with the center of his thinking bound to the idea that no one has a perfect life, that you must face your conflicts head on, that everyone living on this earth is experiencing one form of pain or another, is a guide to gaining insight in the understanding that gaining insight puts us on the road to where we want to be. Everything about Ablow's own experience as a vulnerable human being has contributed to his belief about life. He isn't the psychiatrist as God or Nitzche. He lives the truth as he has come to know it, as he believes others might benefit from it.

He shows you the way. Ablow's premises are free of politics and cheap philosophy. He goes to the center, to the pain we feel, to the regrets that hound us, to the inadequacies we try to hide. Ablow is the ultimate psychiatrist. He is the ultimate humanist. Living the Truth can be a road map to a life without pain. It won't be a road map to a perfect life because there is no such thing as a perfect life. Ablow helps us to come as close as we can to mastering our psychic existence in this vexing thing we call our lives.

17 of 18 people found the following review helpful.

Mr. Bob

By Bob

I found the book very helpful in getting to source of unresolved unconscious conflicts of the past. In uncovering what he calls our life story clues... Dr. Ablow is able to (with the help of the work book) take the reader to the past and then begin to understand the mystery of why we behave the way we do now. It help me to stop running and look directly at the Truth the life story clues unmasked and then discover the personal freedom that take place. It's what we truly desire. "Living the Truth: Transform Your Life Through the Power of Insight and Honesty" is an inexpensive way to get started down the road to the past. This book can improve the quality of anybody's life (no mater what you uncover) as it did mine... No Doubt.

See all 50 customer reviews...

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