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The Language of the Soul: Healing with Words of Truth (Trans-Generational Healing & Family Cons)

John Payne

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Enriched by numerous case studies and years of client experience, this book guides readers to move beyond the tangled web of stories they tell themselves and others about their lives, relationships, illnesses, and disruptive life patterns. Step-by-step, the chapters uncover the origins of behaviors and feelings such as drug or alcohol addiction, failed careers, and depression. Hidden loyalties to people and ideas are introduced as the underlying causes of these obstacles, which cloud the path to success and cause people to believe the stories they tell themselves, eventually losing touch with the truth. Through the examples in this book, readers will learn to acknowledge and embrace truth, spelling out the explicit facts and rejecting the fictions they have created to excuse their failings.

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