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The Secrets Women Keep: What Women Hide and the Truth That Brings Them Freedom

By Jill Hubbard

Thomas Nelson Publishers, United States, 2008. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Women keep secrets - from friends and loved ones, even from themselves. So what are the secrets? And why would anyone want to live an airbrushed version of herself instead of a rich, unencumbered, authentic life? In *The Secrets Women Keep*, popular radio host and clinical psychologist Dr. Jill Hubbard shows you how to acknowledge your secrets, release them, and find an emotionally healthy way to live. A life without secrets is a life of freedom, where you can be your real self, where you are the same on the outside as you are on the inside. *The Secrets Women Keep* reveals the top secrets from an anonymous Life Satisfaction Survey of two thousand women. Most women can relate to at least some of the secrets uncovered in this survey, including: * I m unhappy in my marriage * I feel invisible or inadequate * My past haunts me * I worry about finances * I struggle with addiction With wisdom, gentleness, and biblical insight, Dr. Jill reveals how to shed those secrets so you can move safely into a...



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