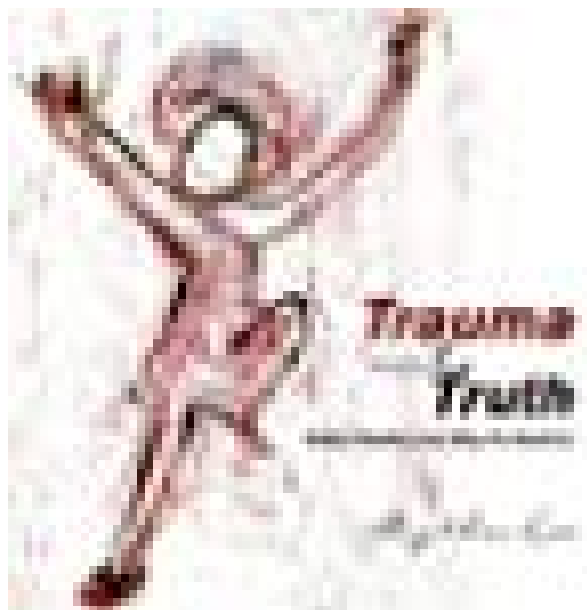


# Trauma Into Truth



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Trauma into Truth: Gutsy Healing and Why It's Worth It by Rythea Lee DISCOVER YOUR ULTIMATE GOODNESS NO MATTER WHAT PAINS OR TRAUMAS YOU HAVE LIVED THROUGH This is an upbeat, poetic, and practical book about what the journey of personal healing looks like, where it leads, and why it's worth it. "I love this little book! Rythea leads you through the pain and joy of the healing journey. Her own incredible passion and creativity are alive on every page, the result of her own healing process. Must reading for anyone healing from childhood abuse." Margaret Paul, Ph.D, author of "Do I Have To Give Up Me To Be Loved By You?," "Healing Your Aloneness," "Inner Bonding," and "Do I Have To Give Up Me To Be Loved By God?" This book brings together the insight of a counselor, the poetry of an artist, and the compassion of someone who has transformed personal trauma into potent creativity. What is healing and why does it matter? These pages explore these questions with depth and humor, inviting you, the reader, to do the same. This is a fabulous gift for anyone who needs support and inspiration on the path from aloneness to wholeness. Color paintings by the author are included throughout the book.