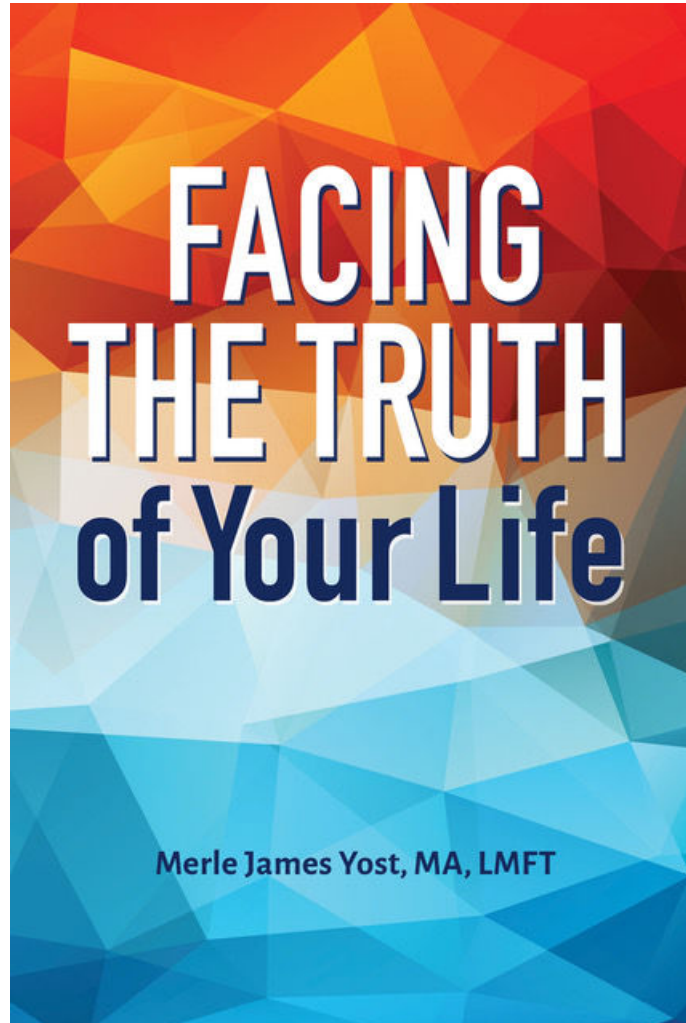


Don't "fake it till you make it"

Jan 30, 2018



Facing the Truth of Your Life by Merle Yost

Doing away with the usual feel-good sentiments of self-help books, Carpinteria resident, author and psychotherapist Merle Yost has summed up the knowledge and insights of 25 years of therapeutic practice in his newest book, "Facing the Truth of Your Life." Yost provides exercises and chapters covering spirituality, being a victim, how to parent healthy children and the many faces of shame and how it complicates all relationships. "Facing the Truth of Your Life' is about walking through your pain," Yost writes. "It is about understanding how you became you, how to discard what you were taught about yourself, and how to find out who you really are." The book is available on Amazon, Kindle, iTunes and Audible.