



Tell Me Your Story: How Therapy Works to Awaken, Heal, and Set You Free

Tuya Pearl

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A Guide to Overcome Anxiety, Depression, Compulsions, Addiction, Fear, Grief, Obsessions, Confusion, and Self-Doubt

If you're feeling stuck, overwhelmed by personal challenges, need more joy and serenity, or simply wonder what happens in therapy, step inside Tuya Pearl's office to experience the transformational process. With keys and a professional therapist to guide you, you'll unlock your story with clarity that will astound, heal, and set you free.

Participate in sessions that get to the source of anxiety, depression, compulsions, self-doubt, and other emotional issues—listening to others' real-life stories and telling your own—with prompts to inspire and awaken you. From the privacy of a confidential read, and with the perspective of both client and healer, *Tell Me Your Story* moves you through the stages of therapy—from the initial phone call to the final goodbye—connecting body, mind, and spirit with inner wisdom to reclaim and enjoy your most authentic life.

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