

Rise of the Truth Teller

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Synopsis

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We are experts at hiding from each other. We withhold the truth, pretend we're okay, and perform at great personal cost. In fact, many of us are so good at lying to others about how we're "just fine, thank you" that we don't even realize anymore that we're lying to ourselves. We're missing the opportunity to offer our true selves to the world around us, to say what needs to be said and do what needs to be done, and to live with grace and gumption.

If you're tired of smiling on the outside while you are broken and battered on the inside, Ashley Abercrombie has a message for you - it's okay to tell the truth about yourself and what you've been through. In being brutally honest about her own struggle to overcome addiction, rape, abortion, perfectionism, and dysfunctional relationships, she helps you break the silence on your own pain and shame in order to find healing, encouragement, and ultimately acceptance. You'll learn to listen to your gut, courageously own your story (no matter how messy), and release those around you to do the same.

Reader's comments

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