

My Story: How Therapy Works to Awaken, Heal, and S

author: Tuya Pearl

2026-07

Synopsis

author	Tuya Pearl
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inLanguage	english

Winner of the Best Book Award for Psychology and Mental Health
Winner of the International Book Award for Self Help/Relationships
Best New Non-Fiction Book of the Year Finalist by Best Book Awards
Foreword INDIES Book of the Year Awards Finalist

If you're feeling stuck or 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 you, heal you, 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 listen, 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 good-bye - connecting body, mind, and spirit with inner wisdom to reclaim and enjoy your most authentic life.

Reader's comments

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