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LCSW, Nicole J. Sachs

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The Meaning of Truth: embrace your truth. create your life. LCSW, Nicole J. Sachs
This book is for anyone who has ever hurt, felt less-than, struggled with the expectations of his or her world, hoped for more personal peace, contentment, and meaning in life. Basically, it's for every one of us. Nicole J. Sachs, LCSW bravely and with raw emotion, reveals herself to readers with the ultimate goal of gently coaxing them to embrace themselves. As she reminds us throughout with kindness and compassion, "Let go of the giving up, and consider the meaning of your truth. The life you save is your own."

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