

Truce: Healing Your Heart After Disappointment



TRUCE: Healing Your Heart After Disappointment

by Rob Hill Sr

★★★★☆ 4.8 out of 5

Language : English

File size : 171 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 125 pages

Lending : Enabled

Paperback : 30 pages

Item Weight : 3.52 ounces

Dimensions : 8.5 x 0.07 x 11 inches



About the Book

Disappointment is a universal experience that can leave us feeling hurt, angry, and lost. In her new book, *Truce*, Dr. Thema Bryant-Davis offers a compassionate and practical guide to healing our hearts after disappointment.

Through personal stories and insights from her work as a therapist, Dr. Bryant-Davis shows us how to:

- Understand our disappointment
- Forgive ourselves and others
- Move forward with hope and resilience

Truce is a must-read for anyone who has ever experienced disappointment. It is a book that will help you heal your heart and move on to a brighter future.

About the Author

Dr. Thema Bryant-Davis is a clinical psychologist, author, and speaker. She is the host of the Emmy-nominated talk show *The Thema Bryant-Davis Show*. Dr. Bryant-Davis is a frequent contributor to *The Oprah Magazine* and *Psychology Today*. She is the author of several books, including *The Way to Forgiveness* and *The Value of Time*.

Reviews

"*Truce* is a powerful and compassionate guide to healing our hearts after disappointment. Dr. Bryant-Davis offers practical tools and insights that can help us to understand our disappointment, forgive ourselves and others, and move forward with hope and resilience. This book is a must-read for anyone who has ever experienced disappointment."—**Oprah Winfrey**

"Dr. Bryant-Davis has written a beautiful and wise book about the transformative power of forgiveness. *Truce* is a must-read for anyone who wants to heal their heart and move on to a brighter future."—**Archbishop Desmond Tutu**

"*Truce* is a compassionate and practical guide to healing our hearts after disappointment. Dr. Bryant-Davis offers a wealth of insights and tools that can help us to understand our disappointment, forgive ourselves and others, and move forward with hope and resilience. This book is a must-read for anyone who has ever experienced disappointment."—**Brené Brown, PhD, author of *Daring Greatly* and *Rising Strong***

Free Download Your Copy Today

Truce is available now at all major bookstores and online retailers.

Free Download Your Copy Today



TRUCE: Healing Your Heart After Disappointment

by Rob Hill Sr

★★★★☆ 4.8 out of 5

Language : English

File size : 171 KB

Text-to-Speech : Enabled

Screen Reader : Supported

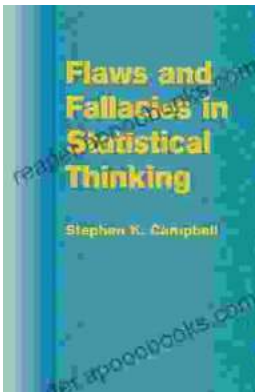
Enhanced typesetting : Enabled

Word Wise : Enabled

Print length	: 125 pages
Lending	: Enabled
Paperback	: 30 pages
Item Weight	: 3.52 ounces
Dimensions	: 8.5 x 0.07 x 11 inches

FREE

DOWNLOAD E-BOOK



Unveiling the Pitfalls of Statistical Reasoning: Explore Flaws and Fallacies in Statistical Thinking

In the realm of data analysis and decision-making, statistical thinking serves as a crucial pillar, empowering us to draw meaningful insights from complex datasets. However,...



Library Wars: Love & War - A Captivating Tale of Romance and Action

In a future where books are under attack, the Library Defense Force (LDF) stands as the last line of defense against those who seek to silence the written word....