



The Voice: Overcome Negative Self-Talk and Discover Your Inner Wisdom

Brian Alman PhD, Stephen Montgomery MD

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From the world's leading authority on mind-body healing comes a revolutionary process for accessing the power of your true inner voice—the voice of wisdom, intuition, and the unconscious. Dr. Brian Alman calls this voice TruSage, and it offers us the self-caring, compassion, and unconditional love that's too often repressed by socially conditioned thoughts and feelings. Learn how to hear and use it to solve life's challenges, whether they're physical, emotional, or both.

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