



# What You Feel Is Real: A Memoir of Healing & Purpose

*Kathleen Riley*

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# **What You Feel Is Real: A Memoir of Healing & Purpose**

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## **What You Feel Is Real: A Memoir of Healing & Purpose** Kathleen Riley

What You Feel is Real: An Inspiring Memoir of Healing & Purpose Having grown up with an alcoholic father and depressed mother, Riley journeys into her own emotional abyss and recognizes her destructive nature. One day while in therapy, she confesses her deepest desire to have an extramarital affair. To her surprise, the session ends with an idea for a personal growth magazine. Riley transforms in ways she never imagined. Through the power of creative expression and driven by purpose, she channels her once negative energies into positive ones and successfully moves forward in her life. In this book, Riley reveals her heart's wisdom, a relationship with her child-self, Linda, and creates mystical images for readers to grasp how we emotionally grow and heal. All in all, the impeccable guidance of prayer and staying the course with life-purpose is what lifts her spirit and keeps her well. Her journey a success, her well-being restored, Riley shares this intimate memoir to inspire others on their path.

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