



The Lies We Believe

By Chris Thurman

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This newly repackaged edition examines the lies people tell themselves that damage emotional health, relationships, and spiritual life. Psychologist Dr. Chris Thurman guides the reader through part one that identifies the different areas of self-lies, religious lies, marital lies, distortion lies, and worldly lies. Part Two delves into the issues of what is truth, and Part Three deals with how to live the truth, ultimately revealing the freedom that can only come from one thing—believing and telling themselves the truth. An extremely easy-to-follow guide filled with comprehensive workbook exercises, this edition is a way to help people experience the emotional health, intimate relationships, and spiritual fulfillment they are seeking.

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Editorial Review

About the Author

Dr. Chris Thurman is a psychologist in private practice in Austin, Texas. He earned a Ph.D. in counseling psychology from the University of Texas. Dr. Thurman is a bestselling author and a popular speaker who has conducted hundreds of seminars for churches and corporations around the country. He and his wife, Holly, have three children.

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