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The Untrue Story of You: How to Let Go of the Past that Creates You, and Become Fully Alive in the Present

By Bryan Hubbard



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In *The Untrue Story of You*, Bryan Hubbard presents a powerful, groundbreaking theory explaining who we really are, how our relationship to our past affects us and how we can finally find true healing.

In the pages of this book, you will discover that ‘you’ are actually made up of Three Selves, or time-bodies – past, present and potential – and that these three distinct entities send out energetic pulses, or waves, that interact to create your experience of life. As you move through life, experiences you never fully understood from your past begin to weigh you down, causing you to respond in the present with anxiety and fear without knowing why. As this pattern repeats itself, it can drag you into depression or addictive behaviours that are seemingly out of your control.

Sharing his own moving story of overcoming the painful experiences of his childhood, Bryan teaches you how to heal the negative patterns you have created in your life, and, through a 21-day program, become the real ‘you’ – the child you once were who could see the world as it really is, an unfolding miracle in the present moment.



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Editorial Review

Review

The Untrue Story of You offers one of the most significant advances in our understanding of who we are, why we do what we do and what we can do to end the negative patterns that hold us back. This beautiful and inspiring book has all the hallmarks of a spiritual classic. -- John Gray, author of international bestseller *Men are From Mars, Women are From Venus* This book has so many layers that it will resonate for weeks after you've finished the final page. It is the story of forgiveness of an abusive past, a visionary work of original philosophy, an original theory of what it means to be human in all its complexity and a practical toolkit for overcoming the demons of your past. This is one book you will be buying in bulk and thrusting into the hands of every one of your friends. -- Marci Shimoff, New York Times bestselling author of *Happy for No Reason*, *Chicken Soup for the Woman's Soul* and featured teacher in the movie *The Secret* Heal the story of pain and set yourself free! Bryan Hubbard presents a unique work that is carefully researched, sensitively written, hugely insightful and, above all, helpful! -- Robert Holden, author of *Shift Happens!* I believe you have come up with a truly valuable model for personal growth. It is both straightforward and easily graspable on the one hand and potentially powerful and downright transformational on the other. The world would be well served by your using this innovative approach to touch many, many people globally. -- Bill Bauman, author of *The Ultimate Human* This is a book of big ideas about who you are but also big solutions about what's holding you back. The deceptively simple theory of this book stays with you for weeks after you have finished the final page, but also arms you with the tools to reclaim your life. It picks up where *The Power of Now* leaves off. -- Janet Attwood, author of the international bestseller *The Passion Test*

About the Author

Bryan Hubbard is a successful publisher and journalist, and editor of the well-respected international magazine *What Doctors Don't Tell You*, which he produces with his wife, bestselling author Lynne McTaggart. www.bryanhubbard.net

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