



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

*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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