



Hungry: The Truth About Being Full

By Robin L. Smith Dr.

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Hungry: The Truth About Being Full By Robin L. Smith Dr.

“Even though I looked alive and vital, the hourglass measuring the aliveness of my soul was swiftly draining to the bottom. I was losing my battle to be myself. I was in my prime. My career was taking off; I was surrounded by loving friends and family. Yet it felt like time was running out.” Dr. Robin L. Smith, noted psychologist, ordained minister, motivational speaker, and best-selling author of *Lies at the Altar*, seemed to have the perfect life, but underneath it all, she felt empty. In this powerful new work, Dr. Robin painstakingly chronicles a time when she felt at the end of her rope, unable to truly see herself or escape the unrelenting craving in her heart. Throughout her life, she had always focused on living up to everyone else’s expectations, doing everything they asked—everything they recommended—in the hopes that by pleasing others she would find fulfillment and success. Instead she found herself spiritually and emotionally starved with a hungry soul begging for change. Through vivid descriptions of the symptoms of her hunger, the gnawing emptiness in her soul, and her courageous journey to discovering herself, Dr. Robin opens a window into her own experiences in order to provide insight into yours. With clarity and empathy she starts you on a path to uncovering the real you—the you that lays beneath all the doubt, superficiality, and life crises. Dr. Robin honestly bares her soul and shares her story—plus stories of other hungry souls including her friends, clients from her psychology practice, family, and celebrities—and in the process, teaches you to recognize, survive, embrace, and conquer your own hunger. She teaches you to step into your own story so you can listen to and learn from the wisdom within.

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Editorial Review

About the Author

Dr. Robin L. Smith is a national television personality, best-selling author, ordained minister, keynote speaker, and licensed psychologist. Dr. Smith's relationship book, *Lies at the Altar*, published in 14 different languages, has been a #1 national bestseller on the lists of the New York Times, Wall Street Journal, USA Today, Publisher's Weekly, Entertainment Weekly, and many other publications. Dr. Smith's first book, *Inspirational Vitamins*, has been received with great enthusiasm and acclaim. Her media appearances include The Oprah Winfrey Show, Anderson Live, Larry King Live, the Today show, Good Morning America, The Early Show, MSNBC, the Fox News Channel, and many other news and talk-show formats. In addition to Dr. Robin's busy media and speaking schedule, she develops seminars and workshops for corporations and organizations nationwide. Dr. Smith has a Ph.D. in counseling psychology from Temple University and a master's degree from Eastern Baptist Theological Seminary. Website: www.drrobinsmith.com

Users Review

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Leticia Cantrell:

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