



The Secrets Women Keep: What Women Hide and the Truth that Brings Them Freedom

Dr. Jill Hubbard

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Women keep secrets – from friends and loved ones, even from themselves. So what are the secrets? And why would anyone want to live an airbrushed version of herself instead of a rich, unencumbered, authentic life?

In *The Secrets Women Keep*, popular radio host and clinical psychologist Dr. Jill Hubbard shows you how to acknowledge your secrets, release them, and find an emotionally healthy way to live. A life without secrets is a life of freedom, where you can be your real self, where you are the same on the outside as you are on the inside.

The Secrets Women Keep reveals the top secrets from an anonymous "Life Satisfaction Survey" of two thousand women. Most women can relate to at least some of the secrets uncovered in this survey, including:

- I'm unhappy in my marriage
- I feel invisible or inadequate
- My past haunts me
- I worry about finances
- I struggle with addiction

With wisdom, gentleness, and biblical insight, Dr. Jill reveals how to shed those secrets so you can move safely into a life free of the burden of having to hide.

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