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and Dr. Allen Berger.

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IN EXPLORING EMOTIONAL SOBRIETY WE HAVE REDISCOVERED THOM'S VERY FIRST BOOK,  
*Simple Truth: Ideas & Experiences for People from Less-Than-Perfect Families*

#### FROM THE BACK COVER:

This delightful and dynamic little book includes ten (10) therapeutic exercises created to help meet the ultimate psychological challenge: Unconditional Self-Acceptance.

*"No more rehashing how we came to need self-help books!  
With Simple Truth, the healing begins on page one."*

-Philip Loydpierson, LCSW  
Charlotte, NC  
Founder of The Joshua Project

*"Thom is a magician. He transforms confusion into clarity."*

-Robert Stepbach, Ed.D.  
Nashville, TN



**Simple Truth . . . . . \$15.00 each**  
**10 copies or more . . . . \$10.00 each**  
**Venmo payment to @thomrutledge**

FOR INFORMATION ABOUT THOM'S OTHER BOOKS, VISIT [THOMRUTLEDGE.COM](http://THOMRUTLEDGE.COM)

#### MESSAGE FROM THOM:

*Simple Truth* is a testament to my recovery from, among many other things, simply not believing in myself. Remind me one day and I'll tell you the wonderful story about how this book came to exist. I am both proud and grateful that after all these years – and many other books – I still hear from readers who benefit from this book. I especially appreciate that counselors use the book with recovery groups, because in large measure, *Simple Truth* emerged from my work in group therapy. Currently *Simple Truth* is not available anywhere other than my office. If you would like a copy (or copies to share), just shoot me an email. I thank you for your interest in the work Allen and I are doing together and for your interest in this book, sort of my first born. -Thom.

SEND EMAIL TO [THOMRUTLEDGEAUTHOR@GMAIL.COM](mailto:THOMRUTLEDGEAUTHOR@GMAIL.COM)

#### TO ORDER SIMPLE TRUTH:

It is simple to order *Simple Truth*. Just send Thom an email to [thomrutledgeauthor@gmail.com](mailto:thomrutledgeauthor@gmail.com) with Simple Truth in the subject line. Let us know how many copies you want to order, be sure to include your full mailing address. If you are paying with Venmo, Thom's handle is @thomrutledge. If you prefer to pay by credit card or check, let us know and we will send an invoice. **SHIPPING IS FREE.**