



## 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](http://www.drrobinsmith.com)

### **Users Review**

#### **From reader reviews:**

##### **Heather Sessoms:**

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a guide. Beside you can solve your long lasting problem; you can add your knowledge by the publication entitled *Hungry: The Truth About Being Full*. Try to make book *Hungry: The Truth About Being Full* as your good friend. It means that it can be your friend when you sense alone and beside those of course make you smarter than before. Yeah, it is very fortunate for yourself. The book makes you considerably more confidence because you can know every little thing by the book. So, let's make new experience and also knowledge with this book.

##### **Karen McCarthy:**

Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the publication *untitled Hungry: The Truth About Being Full* can be very good book to read. May be it might be best activity to you.

##### **Tom Rivera:**

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, and then why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller

coaster you are ride on and with addition info. Even you love Hungry: The Truth About Being Full, it is possible to enjoy both. It is fine combination right, you still need to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

**Frances Drury:**

Your reading 6th sense will not betray anyone, why because this Hungry: The Truth About Being Full book written by well-known writer we are excited for well how to make book which can be understand by anyone who also read the book. Written inside good manner for you, dripping every ideas and composing skill only for eliminate your hunger then you still uncertainty Hungry: The Truth About Being Full as good book not just by the cover but also from the content. This is one book that can break don't assess book by its cover, so do you still needing an additional sixth sense to pick this kind of!? Oh come on your reading through sixth sense already told you so why you have to listening to another sixth sense.

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