



# Secrets and Lies: Surviving the Truths That Change Our Lives

*Jane Isay*

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# Secrets and Lies: Surviving the Truths That Change Our Lives

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**Secrets and Lies: Surviving the Truths That Change Our Lives** Jane Isay

**By the author of *Walking on Eggshells*, a compellingly readable journey into the realm of family secrets, offering lessons and insights for those who are hiding the truth and those who discover what has long been hidden.**

Secrets, large and small, are a fact of human life. This book explores the impact of keeping secrets and the power of truth. Secrets can damage our sense of self and our relationships. Even so, Jane Isay has found, people survive learning the most disturbing facts that have been hidden from them. And secret keepers are relieved when they finally reveal themselves—even the things they are ashamed of—to the people they care about. Much depends, Isay writes, on the way of telling and the way of hearing.

Jane Isay was both a secret finder and a secret keeper. After fifteen years of marriage her husband admitted he was gay, but together they decided to keep it a secret for the sake of their two sons. Building on her personal experience, sixty intimate interviews, and extensive research into the psychology of secrets, Isay shows how the pain of secrets can be lightened by full disclosure, genuine apology, and time. Sometimes the truth sunders relationships, but often it saves them.

Powered by detailed stories and Isay's compassionate analysis, *Secrets and Lies* reveals how universal secrets are in families. The big ones—affairs, homosexuality, parentage, suicide, abuse, hidden siblings—can be ruinous at first, but the effects need not last forever, and Isay shows us what makes the difference. With specific guidelines for those who keep secrets and those who find them out, Isay's book reveals the art of surviving a secret.

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People live in this new morning of lifestyle always attempt to and must have the spare time or they will get large amount of stress from both everyday life and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we consult again, what kind of activity are there when the spare time coming to you actually of course your answer will probably unlimited right. Then ever try this one, reading ebooks. It can be your alternative with spending your spare time, the actual book you have read is actually Secrets and Lies: Surviving the Truths That Change Our Lives.

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