

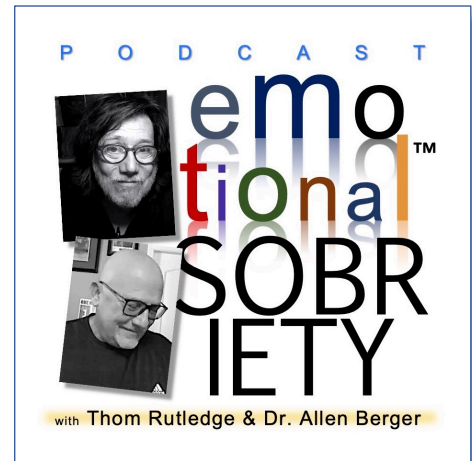
Let the best in you be in charge of the rest of you.

-Allen Berger, Ph.D.

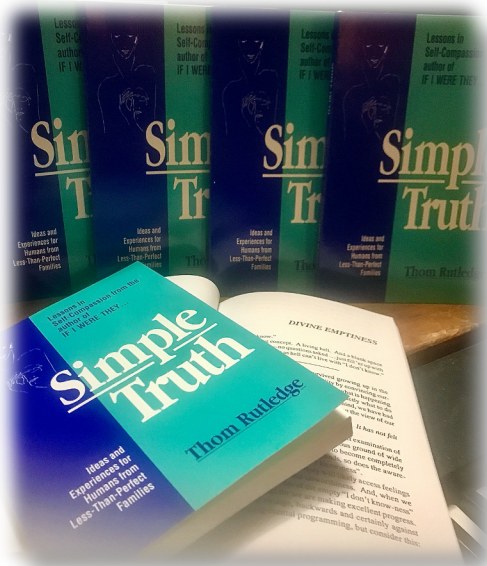
Learn from the past and then get the hell out of there! -Thom Rutledge, LCSW

Join these two master psychotherapists, with more than 90 years of combined clinical experience, for their continuing conversation about what makes us tick.

Berger & Rutledge (not to be confused with the vaudeville comedy team) will not hesitate to share what they think but they will never claim to have all the answers. In fact, both of them believe finding the best questions is far more important.



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



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

-From the back cover

"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

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)

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