

Dr. Carin M. LaCount Reveals the Journey from Pain to Self-Love in Her New Memoir, *The Love Liar*

Groundbreaking Memoir Explores the Hidden Dynamics of Codependency and Narcissism

CA, UNITED STATES, September 7, 2024 /EINPresswire.com/ -- Dr. Carin M. LaCount, acclaimed self-love coach and authority on personal growth, unveils her deeply personal memoir, *The Love Liar: A Memoir of Codependency, Narcissism and the Pursuit of Self-Love*. This poignant and enlightening book provides a raw and honest exploration of the emotional battles that have shaped LaCount's life and offers profound insights for those seeking to understand and overcome the devastating effects of codependency and narcissism.

From a young age, Dr. LaCount grappled with a self-imposed narrative of inadequacy following her mother's death. These early experiences set the stage for a lifetime of navigating relationships marred by deception and manipulation. *The Love Liar* chronicles Dr. LaCount's tumultuous marriage, marked by her husband's narcissistic behavior and her own patterns of codependency. Through chronic illness and emotional turmoil, LaCount faced the ultimate challenge: to learn the true meaning of self-love or risk losing her life.

"My intention in writing *The Love Liar* was to shed light on the often misunderstood and underappreciated dynamics of emotional abuse," says Dr. LaCount. "It is crucial to recognize the hidden influences that contribute to chronic health issues and to understand that self-love is not just a buzzword, but a profound spiritual practice essential for healing and growth."

Dr. Carin LaCount is a passionate advocate for self-love and personal development. As a mother of two and a self-love coach, she is dedicated to breaking dysfunctional cycles and promoting healthy family dynamics. Through her program, *Loving Yourself Whole*, Dr. LaCount helps individuals uncover their true selves, fostering self-worth and purpose. With a doctorate in



optometry and a unique perspective on self-love, she combines her expertise to guide others towards inner clarity and unconditional love.

In *The Love Liar*, Dr. LaCount does more than recount her personal journey; she offers readers a broader understanding of the underlying issues that fuel narcissistic behavior and codependency. By addressing these issues, she advocates for a more compassionate approach to both self-love and interpersonal relationships.

Dr. LaCount's memoir is not just a tale of personal struggle but a call to action for those suffering in silence. It serves as a reminder that recognizing and nurturing one's self-worth can lead to transformative change, both individually and within the family unit.

The *Love Liar* is available now at major bookstores and online retailers. For more information about Dr. Carin M. LaCount and her work, visit <https://www.drcarinlacount.com>.



Discover the transformative power of self-love and join Dr. Carin M. LaCount on a journey from pain to healing with her new memoir, *The Love Liar*. Embrace the truth of love and find the strength to heal from within.

Atticus Publishing LLC
Atticus Publishing LLC
+1 (888) 800-1803
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/741454731>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.