**WHAT CAUSES US TO LEAD AN INAUTHENTIC LIFE?**

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The short answer is that we have “unlearned experiences” that we try to ignore and leave behind as individuals, couples, or families. Later, the memory of these unlearned experiences shows up unexpectedly in your life, your relationship and your family. What causes this to happen are unhealed traumas or unresolved conflicts you thought you left behind.  It may not sound like it, but this is also good news!  It's never too late to heal these traumas and resolve these conflicts and create an authentic life. Are you interested in finding out how? Read the other articles in this page.