



# How I Used Truth

*H. Emilie Cady*

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## **How I Used Truth** H. Emilie Cady

HARRIET EMILIE CADY (b. 1848) was a true holistic pioneer. As one of the first doctors of homeopathic medicine in New York City, this home-spun practitioner and metaphysician treated her patients medically and spiritually. Her unique approach was simple, clear and deeply rooted in her own experience. While Cady studied with renowned "New Thought" teachers of the day, she remained an unwaveringly spiritual independent. In this inspired volume, first published in 1916, she demonstrates that one's life can be transformed by the power of thoughts and beliefs, while encouraging readers to find truth as it is written in one's own heart and to apply these truths in every area of life.

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