



## UNITY LINCOLN\* Book Nook

(\*formerly Christ Unity Church)

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# *Lessons in Truth*

By *H. Emilie Cady*

*If you're new to Unity, or in need of a refresher, this classic Unity text is a "must-read."*

**“For the past 100 years, Unity students around the world have been blessed that this little book has been available to guide them in their quest for Truth. Dr. Cady's straight-forward approach and no-nonsense style make her words as powerful as they are timeless.”**

**—Connie Fillmore Bazy**

*Lessons in Truth* is a clear, concise representation of New Thought philosophy and metaphysical Christianity. The spiritual concepts presented in these twelve lessons show us how to increase our personal empowerment and enhance our spiritual growth. Dr. Cady teaches that our lives can be transformed by the power of our thoughts, words, and beliefs. She encourages us to find our truth as it is written in our own hearts

and then apply these truths in every area of our lives.

H. Emilie Cady was a true holistic pioneer. Born in 1848, this turn-of-the-century homeopathic physician treated her patients both medically and spiritually. Her approach to healing was simple, clear, and rooted in her own experience.

A student of New Thought teacher Emma Curtis Hopkins, Dr. Cady remained spiritually independent. She was inspired by biblical teachings and influenced by the ideas of Ralph Waldo Emerson. Cady was a contemporary of Emmet Fox, the popular New Thought writer; Charles and Myrtle Fillmore, cofounders of the Unity movement; Ernest Holmes, founder of the Church of Religious Science, and other great minds of the New Thought Movement.

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Available through the Unity Lincoln Bookstore — “lower level” in the Unity Café.