

THE UNVARNISHED TRUTH

Purpose in the Pain

www.khilton.com

Karla Hylton

AUTHOR, EDUCATOR

MEDIA KIT

Dr. Karla Hylton

Hi. I'm Karla!

AUTHOR, EDUCATOR

Allow me to introduce myself—I'm Dr. Karla Hylton, and I proudly hail from the vibrant Caribbean nation of Jamaica. I'm not just an educator and author; I'm someone with an unwavering passion for teaching and mentoring, and I've devoted my life's work to nurturing young minds and shaping the future generation. To me, education is about more than just academics; it's about nurturing the holistic development of every child.

I hold a PhD in Biotechnology, and I've seamlessly blended my scientific expertise with my belief in the transformative power of education. I see education as a catalyst for change, capable of reshaping lives and opening doors to endless possibilities. Beyond my academic pursuits, I've ventured into the world of writing, where I've penned captivating children's books and explored various genres that have resonated with readers of all ages. Recently, I have been certified in mental health studies.

Through my literary creations, I aim to share my creativity and instill valuable life lessons through storytelling. It's my way of making a positive impact on the world.



FROM THE AUTHOR



- ✓ This book isn't just my story; it's an exploration of the profound trauma and emotional turmoil that can result from estrangement. I share my struggles, my moments of despair, and the darkness that led to a desperate suicide attempt. But more importantly, I reveal how I found the strength within to move forward and ultimately discover peace through acceptance.
- ✓ As I've navigated the labyrinth of my existence, I've been both a writer and a character in this tale, a narrative of shattered illusions, uncharted paths, and unexpected discoveries. From the soaring highs of accomplishment to the depths of heart-wrenching disillusionment, I've laid bare the mosaic of my life, each piece interlocking to form a mosaic that resonates with the universal truths we all confront.
- ✓ Every twist and turn, every triumph and setback, has sculpted the intricate contours of who I am today. This is not just a recounting of events; it's an exploration of the human experience, a testament to resilience in the face of adversity.

Book Reviews

Reviewed in the United States on September 15, 2023

Verified Purchase

The book "The Unvarnished Truth: Purpose in the Pain" is an autobiography and an inspirational book by Dr. Karla Hylton. It gives us an intimate look into the life story of a fragile girl as she travails the ups and downs of her existence. It is remarkably well written and leaves the reader captivated. This book is a one sitting read as you just can't put it down. The Pain seems surreal where you sympathize with the author and cant help rooting for her to triumph. It is a masterpiece of STRENGTH and DETERMINATION. A must read for everyone!

John

Reviewed in the United States on September 8, 2023

This is an autobiography with a difference. It shares a life story, its triumphs and defeats, but it also shares honest insight and a willingness to look beyond the surface to understand the 'whys' of the journey. It is a story of profound heartbreak but it is also one of survival. What is truly special about how Karla weaves this tale is that in sharing the tools she used to empower herself she also seeks to empower those who read it.

Christina

The Book



@KARLAHYLTON

May these pages not only tell the story of my life but also inspire a realization that our individual tales are but pieces of a larger, interconnected tapestry of humanity, woven together by the threads of shared experiences, emotions, and the enduring quest for meaning.

Welcome to "The Unvarnished Truth: Purpose in the Pain."

With unwavering candor, Dr. Karla Hylton shares her powerful life story of triumph over tremendous challenges. The autobiography delves into the author's tumultuous childhood, where at just five years old, a traumatic home invasion leaves a lasting impact on her young psyche.

The narrative takes a poignant turn as the author navigates through a twenty-seven-year-long marriage to a narcissistic partner, enduring oppression and mistreatment. Amidst the turmoil, the birth of her two beloved children brings joy and a ray of hope illuminating the darkest corners of her existence.

The inevitable separation and divorce become a turning point and a catalyst for change, but it also brings unexpected and unimaginable heartbreak that shatters her world.

Through abuse, pain, disrespect, rejection, abandonment and despair, the author finds the strength to rise above her circumstances. Despite two suicide attempts, she emerges as a beacon of hope as she embraces the profound truth that God has been intricately woven into every chapter of her life's story, serving as a guiding presence and a shield of protection.

Through her poignant prose, Dr. Hylton offers a raw and honest account of these deeply personal experiences, illuminating the complexities of human relationships, the search for healing, and the power of personal growth. This autobiography stands as a testament to her resilience and steadfast determination to inspire and uplift others through the transformative power of storytelling.



Dr. Karla Hylton a distinguished educator and author, has devoted her life's work to nurturing young minds and molding the future generation. Beyond her academic pursuits, Dr. Hylton has ventured into the world of literature, crafting enchanting children's books and captivating readers of all ages across various genres. She hails from the vibrant country of Jamaica.

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Dr. Karla Hylton



SCAN ME



The Companion Workbook



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The companion workbook serves as your guide on this transformative journey, so you too can vanquish the monsters in your life. We all have monsters, some more than others. This workbook is filled with practical strategies and techniques to empower you to confront and overcome the obstacles life throws your way. Through interactive exercises, we delve into challenging themes such as marriage and divorce, narcissism, grief, estrangement and suicidal ideation and recovery. Welcome to "Vanquishing Monsters".

The 'Vanquishing Monsters' workbook serves as a transformative companion to 'The Unvarnished Truth: Purpose in the Pain' offering a structured and introspective journey through the themes of the memoir. Designed to encourage self-reflection, empowerment, and healing, this workbook provides readers with practical exercises and prompts to navigate their own personal narratives, fostering a path toward resilience and purpose in the face of life's challenges.

About the Author



Dr. Karla Hylton is a distinguished educator and accomplished author, known for her expertise in tackling global mental health issues. With resolute dedication, she endeavors to empower individuals worldwide. Discover more about her work at www.khylton.com



DR. KARLAHYLTON

VANQUISHING MONSTERS

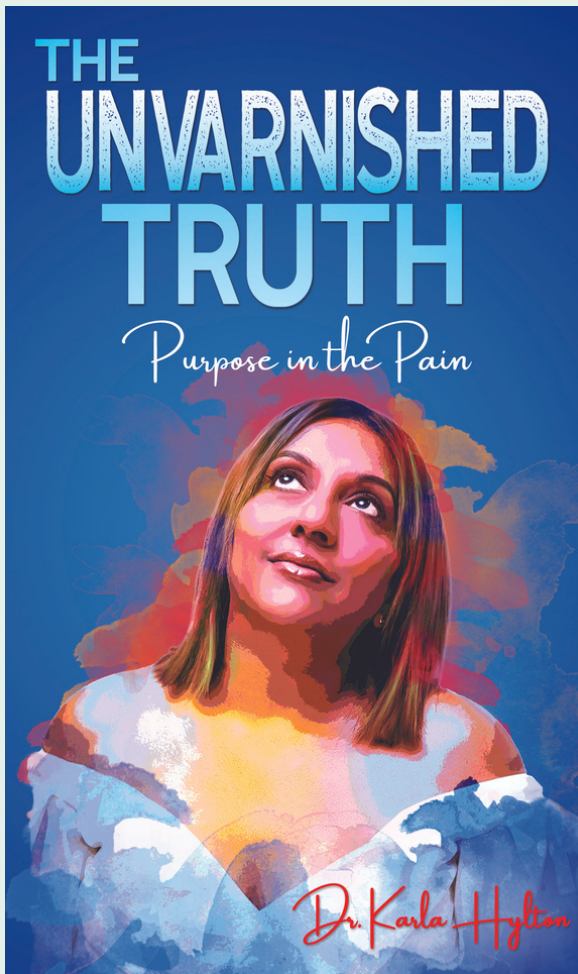
VANQUISHING MONSTERS



THE UNVARNISHED TRUTH: PURPOSE IN THE PAIN
COMPANION

WORKBOOK

DR. KARLA HYLTON



BOOK DETAILS

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