

THE UNVARNISHED TRUTH

Purpose in the Pain



www.khilton.com

Karla Hylton

MULTIPLE AWARD-WINNING
AUTHOR, EDUCATOR

MEDIA KIT

Dr. Karla Hylton

Hi. I'm Karla!

AUTHOR, LIFE COACH, EDUCATOR

Allow me to introduce myself—I'm Dr. Karla Hylton, a proud Jamaican, blending the worlds of biotechnology, education, and life coaching into a unique and holistic approach to personal and academic growth. With a PhD in Biotechnology, I have a deep understanding of the science behind life itself, and I've translated that expertise into empowering others—not just through traditional education but by fostering mental and emotional well-being. My certification in mental health studies has further strengthened my mission to support individuals as they navigate life's challenges.

As an educator, author, and life coach, I'm passionate about nurturing not just minds, but hearts and spirits, helping young people and adults alike discover their true potential. My scientific background gives me a data-driven approach, while my experience in life coaching adds a compassionate, human touch. One of my key offerings is the MindFlex program, which leverages the science of neuroplasticity to help individuals build emotional resilience and mental flexibility. Through my writing, mentoring, and coaching, I aim to inspire a brighter, healthier future, blending knowledge and well-being in everything I do.





FROM THE AUTHOR

- ✓ The Unvarnished Truth 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.

Awards

- **Dr. Karla Hylton Honored with Literary Titan Gold Award for Transformative Non-Fiction Masterpiece, "The Unvarnished Truth: Purpose in the Pain".**

The Literary Titan Book Award honors books that exhibit exceptional storytelling and creativity. This award celebrates novelists who craft compelling narratives, create memorable characters, and weave stories that captivate readers. The recipients are writers who excel in their ability to blend imagination with literary skill, creating worlds that enchant and narratives that linger long after the final page is turned.

- **Readers' Favorite announces the Five star review and Bronze Medal of the Non-Fiction - Memoir book "The Unvarnished Truth" by Dr. Karla Hylton.**

Readers' Favorite is one of the largest book review and award contest sites on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.



Awards continued

- **Dr. Karla Hylton receives International Impact Book Award for Memoir June 2024.**

The International Impact Book Awards celebrates and recognizes the exceptional work of authors from around the world.



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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THE UNVARNISHED TRUTH

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Purpose in the Pain



Dr. Karla Hylton

The Companion WorkBook



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The award winning 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".

Unveil your inner hero with "Vanquishing Monsters," the companion workbook to the award-winning memoir, "The Unvarnished Truth: Purpose in the Pain." This introspective guide takes you on a structured journey alongside the memoir's themes. Through practical exercises and thought-provoking prompts, you will delve into your own story, fostering self-reflection, empowerment, and healing. Discover the path towards resilience and purpose as you navigate life's challenges. 'Vanquishing Monsters' is more than just a workbook; it is a transformative companion on your path to healing and self-discovery.

About the Author



Dr. Karla Hylton is a distinguished educator and multiple award-winning 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. KARLA HYLTON

VANQUISHING MONSTERS



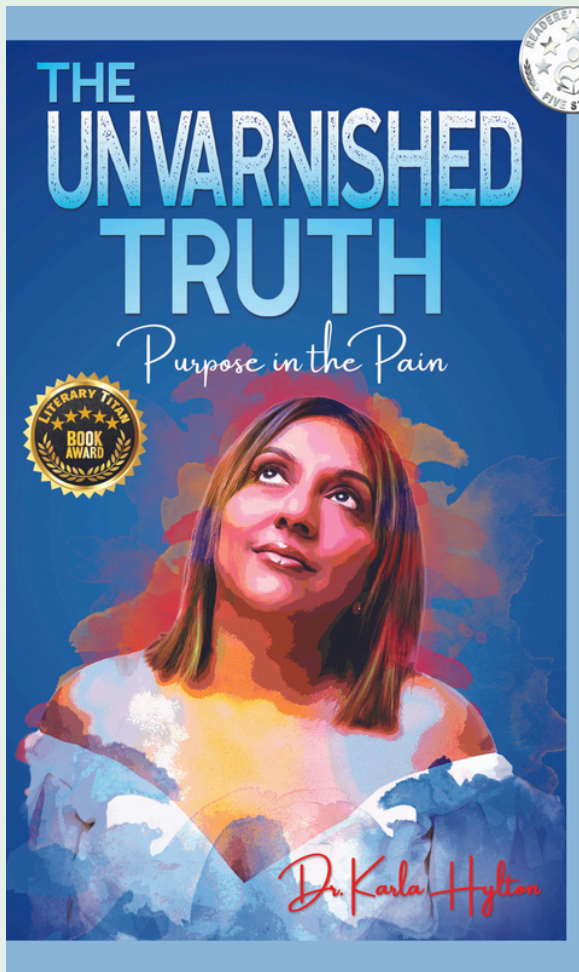
VANQUISHING MONSTERS



THE UNVARNISHED TRUTH: PURPOSE IN THE PAIN
COMPANION

WORKBOOK

DR. KARLA HYLTON



BOOK DETAILS

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