



# Secrets of a Nun: My Own Story

*Elizabeth Upton*

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## **Secrets of a Nun: My Own Story** Elizabeth Upton

Secrets of a Nun is an uncompromisingly honest and deeply moving look into one woman's soul. At the age of fifteen, Elizabeth, a talented athlete, gives up her dreams of competing in the Olympics to become a nun. Separating from her mother and twin sister, she leaves her friends and her familiar world behind in order to pursue a saintly life. But she finds herself unprepared for what lies ahead. While her cloistered life commences as a profound spiritual and emotional journey, personal disenchantment takes root, and slowly grows over the next twenty years. Elizabeth recoils against the restrictive atmosphere of convent life. She struggles with conflicting emotions, until a forbidden love affair forces her to come to grips with her needs as a woman. Over the course of striving to find her real self, she ultimately feels compelled to leave the Order. This fascinating account of courage and passion is inspired by a true story. It will at once shock you and bring a smile to your face as you follow the course of a young woman's obsession to become a spiritual seeker—an obsession that, over time, transforms into a deeply felt desire for personal liberation.

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