

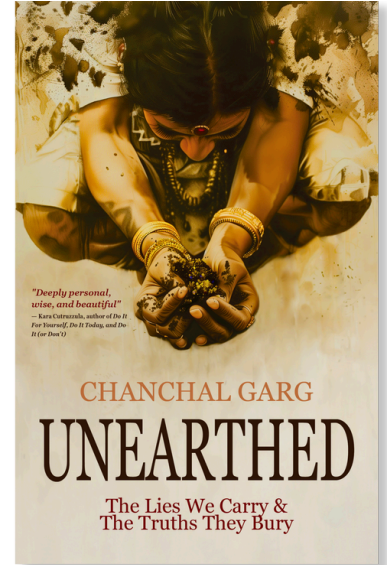
UNEARTHED

THE LIES WE CARRY & THE TRUTHS THEY BURY

In this searing memoir, Chanchal Garg reveals the spiritual and sexual abuse that shattered her sense of self and forced her to question a life defined by duty and sacrifice. Raised as a devoted Indian daughter, she was taught never to question authority—until a transformative moment during a yoga class, while pregnant with her daughter, awakened a truth she could no longer ignore.

That realization set her on a solitary journey, as she lost her faith, community, and the life she had always known. Without the support she had once relied on, she had to learn to trust herself, reclaim her bicultural identity, and redefine what it meant to be both Indian and American—on her own terms.

Unearthed is a powerful call to every woman who has ever felt silenced—an invitation to trust your inner voice, reclaim your story, and return to yourself.



Praise for *Unearthed*

"Deeply personal, wise, and beautiful" — Kara Cutruzzula, author of *Do It for Yourself, Do It Today, and Do It (or Don't)*

"A powerful, courageous, and vital read." —Jas Rawlinson, award-winning speaker, advocate, and best-selling author

"This story will resonate deeply with anyone who has experienced abuse within systems of power. A must-read for those interested in stories of loyalty, lies and liberation." —Rosie McMahan, author and counselor

"I loved reading about how Garg approached breaking generational patterns, finding the courage to live on her own terms." — Elaine Lou Cartas, Business & Executive Career Coach for WOC & Allies

"Chanchal Garg lays the story out in deft, beautiful writing." —Melissa Connelly, author of *What was Lost*



Chanchal Garg is a speaker, executive coach and facilitator at The Stanford Graduate Business School. She is also the author of *Unearthed: The Lies We Carry & The Truths They Bury*.

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