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Don't Cut My Life-Line

By J Rainbow

Chipmunkpublishing, United Kingdom, 2007. Paperback. Book Condition: New. 198 x 122 mm. Language: English . Brand New Book ***** Print on Demand *****.By Jo Rainbow ISBN: 9781847471109 Published: 2007 Pages: 81 Key Themes: self-harm, art therapy, recovery Description This book explains the complex nature of self-injury from a survivor's perspective. This is written from the heart not from a medical background. Professional views on the benefits of group work and art therapy are included. About the Author Having survived for twenty years by using self-injury I want to share my hope for a brighter future. Today, thanks to a lot of support I have chosen to live. My aim is to share the things that have helped me break free from self-injury. Book Extract The legacy of secrets. I remember that summer's day, the first time I self-injured. Words flashed hotter than the midday sun. Doors slammed, pots, pans crashed across the kitchen. I wish my parents would stop shouting at each other. From my room window I watch Gran's house, see Gran drawing the bedroom curtains for her afternoon nap. Voices rage downstairs, I pick up my sewing, the lace runner I'm making for Gran....



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Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You won't sense monotony at any time of your time (that's what catalogues are for relating to should you request me).

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I just started looking at this pdf. It can be really fascinating through studying period of time. It's been printed in an extremely basic way and is particularly only following I finished reading through this publication where in fact altered me, change the way I really believe.

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