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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

Good electronic book and valuable one. It is one of the most incredible publication we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Mrs. Bridgette Rau MD

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