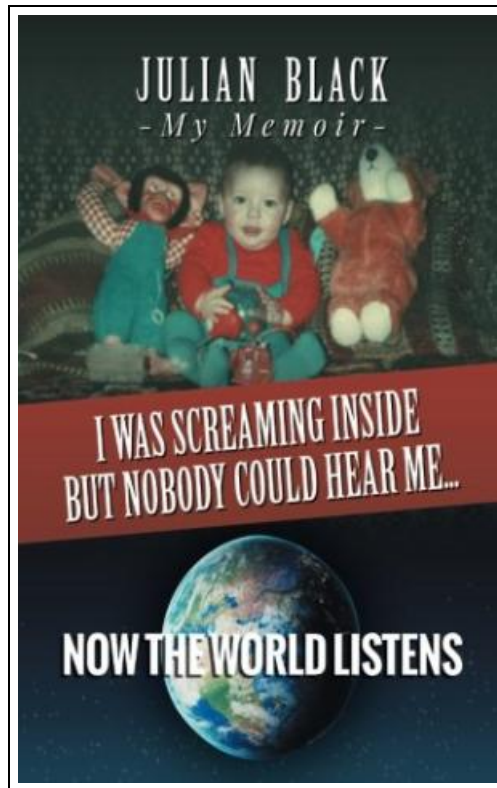


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Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

I WAS SCREAMING INSIDE BUT NOBODY COULD HEAR ME. NOW THE WORLD LISTENS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.I was screaming Inside but nobody could hear me is a memoir about struggling with life and the world itself and finding life an uphill battle everyday . It s a story about being driven by fear and constantly dreading each day . A story of depression and anxiety and struggling with sexuality in a time when sexuality was becoming more acceptable in society but being petrified to move with the times . A story of Isolation and having no communication with the outside world and feeling very different and Judged and always on edge . A story of feeling suffocated and wanting to scream out from the roof tops that I could not cope with anymore internal pain and fear . I talk about being very brave and turning to my GP for help and from there finding therapy s and Organisations and Individual people and medication that was a life line for me to help me understand my fear s and anxiety s that were overwhelming me to almost the point of a breakdown . A fascinating and somewhat unbelievable story of what driven fear can do to the human body and mind over many years but finding and asking for help and support from anywhere and anybody that could help and support me to understand myself and my fear s of the world .



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