



## Jessica s Journal: A Book of Poetry, Companion to Therapy (Paperback)

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By Kathryn Perez

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. While Jessica endured the torment of bullying and the painful isolation of depression, she used self-harm as a form of control in her very out-of-control world. But that wasn't her only form of release. Her journal was another form of escape, the one place she could always be herself. While reading Jessica s poetry you can follow her journey down the path of pain, sadness, love, loss, THERAPY, and, ultimately, healing.



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