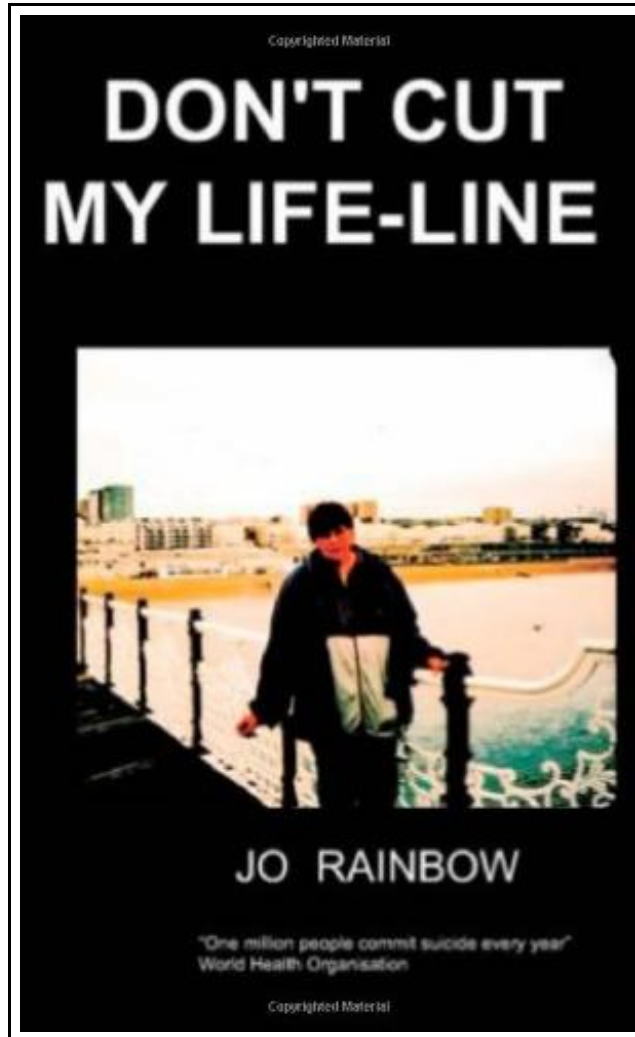


Don t Cut My Life-Line (Paperback)



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

DON T CUT MY LIFE-LINE (PAPERBACK)



To get **Don t Cut My Life-Line (Paperback)** PDF, remember to refer to the button below and save the document or get access to other information which might be in conjunction with DON T CUT MY LIFE-LINE (PAPERBACK) book.

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. I trim loose threads; trace the scissors over my hand, Gran s scissors; my hands. As if watching a film I see myself draw blood. The tiny beads of blood match the lace pattern, I am in control. This is my body. Basic first aid It is important to check wounds, especially if you have been dissociated, that is unaware of events during the act of injury. Ensure the wound is cleaned, kept clean and dry. If the wound is gaping or blistered, seek medical attention. If this is difficult, take a friend for support. Following an act of injury...



[Read Don t Cut My Life-Line \(Paperback\) Online](#)



[Download PDF Don t Cut My Life-Line \(Paperback\)](#)

See Also



[PDF] Buy One Get One Free (Paperback)

Follow the web link below to read "Buy One Get One Free (Paperback)" PDF document.

[Download ePub »](#)



[PDF] The Fire Children (Paperback)

Follow the web link below to read "The Fire Children (Paperback)" PDF document.

[Download ePub »](#)



[PDF] The Magical Animal Adoption Agency Book 2: The Enchanted Egg (Paperback)

Follow the web link below to read "The Magical Animal Adoption Agency Book 2: The Enchanted Egg (Paperback)" PDF document.

[Download ePub »](#)



[PDF] Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

Follow the web link below to read "Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)" PDF document.

[Download ePub »](#)



[PDF] THE Key to My Children Series: Evan s Eyebrows Say Yes (Paperback)

Follow the web link below to read "THE Key to My Children Series: Evan s Eyebrows Say Yes (Paperback)" PDF document.

[Download ePub »](#)



[PDF] From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Follow the web link below to read "From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)" PDF document.

[Download ePub »](#)