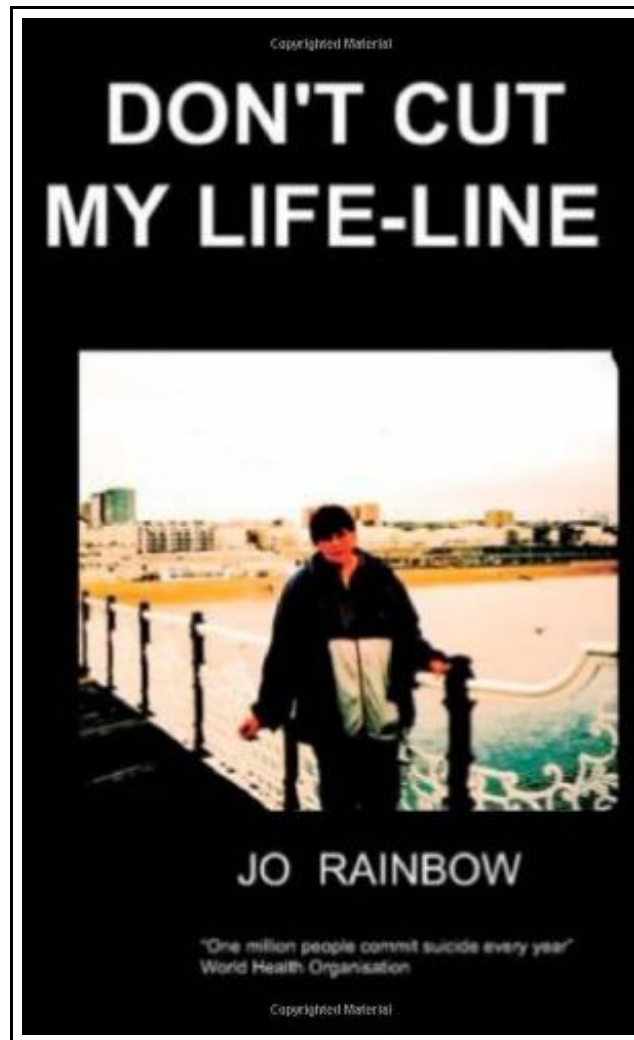


Don t Cut My Life-Line



Filesize: 2.89 MB

Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after i finished reading this ebook in which basically modified me, alter the way i believe.
(Prof. Loyce Runolfsson Jr.)

DON T CUT MY LIFE-LINE



To save **Don t Cut My Life-Line** eBook, remember to refer to the button under and download the file or get access to other information which are in conjunction with DON T CUT MY LIFE-LINE 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 Online



Download PDF Don t Cut My Life-Line

You May Also Like



[PDF] Buy One Get One Free

Follow the web link listed below to download "Buy One Get One Free" document.

[Download ePub »](#)



[PDF] The Fire Children

Follow the web link listed below to download "The Fire Children" document.

[Download ePub »](#)



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

Follow the web link listed below to download "The Magical Animal Adoption Agency Book 2: The Enchanted Egg" 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

Follow the web link listed below to download "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" document.

[Download ePub »](#)



[PDF] THE Key to My Children Series: Evan's Eyebrows Say Yes

Follow the web link listed below to download "THE Key to My Children Series: Evan's Eyebrows Say Yes" document.

[Download ePub »](#)



[PDF] From Kristallnacht to Israel: A Holocaust Survivor's Journey

Follow the web link listed below to download "From Kristallnacht to Israel: A Holocaust Survivor's Journey" document.

[Download ePub »](#)