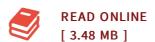




Mark Elsen s Book of Journals (Paperback)

By Mark Elsen

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I have now made it out of the Minnesota security hospital. It took me two years and a month to make it out of that building. I went through a lot of trials and tribulations. I have grown a lot mentally since the beginning of my stay at the hospital. I m now transitioning back out into the community. A lot has changed since the beginning of my stay and I tend to keep it that way. I ve admitted that I m an alcoholic and that I m going to stay on the medication that is prescribed for my Bi Polar. I respect myself and others a lot more and have a healthy respect for life in general. I m looking forward to the future and am not going to dwell on the past and let it run me down. I have learned to live one day at a time and appreciate life for what it is. I expect road bumps in the future and am more ready to deal with them with my coping strategies. Hopefully...



Reviews

This written ebook is wonderful. This is certainly for anyone who statte there was not a really worth studying. You may like how the author compose this pdf.

-- Odessa Graham

This written publication is wonderful. It is rally fascinating through reading period. I discovered this book from my dad and i suggested this publication to find out.

-- Keshaun Daugherty

See Also



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



Eat Your Green Beans, Now! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is the original version with black-and-white illustrations. JoJo is an active and happy 4-year old boy. 4-year old boys...



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for Kids Inside! For a very time limited...