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#### **Bloodletting A Memoir Of Secrets**

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#### Bloodletting: A Memoir of Secrets, Self-Harm, and Survival ...

Bloodletting is a memoir concerning what a person goes through when taking part in self-harm and the whys and hows. I somehow felt annoyed while reading this book because it just seemed like the author was simply begging for attention and promoting it in a book.

#### Bloodletting: A Memoir of Secrets, Self-Harm, and Survival ...

This book is a frank, compelling and at times darkly humorous memoir boldly challenging the silence surrounding one of mental health's last taboos. A close relative of bulimia ansd anorexia, it is estimated that up to 1% of the population has intentionally harmed itself - yet for the most part it is a behaviour that goes unspoken, dismissed as the attention-seeking actions of prison inmates or ...

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A darkly compelling story, this memoir examines one woman's secret overwhelming desire to physically hurt herself. Any casual observer of Victoria's life would not have seen that this confident, pretty, and articulate young woman was intensely struggling with the all-encompassing need to injure her body.

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