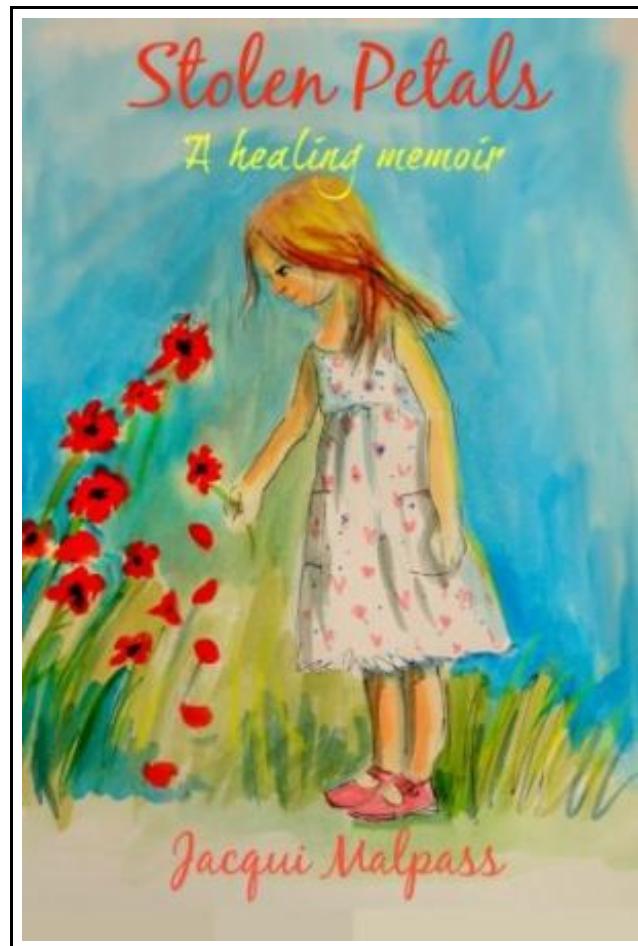


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Forgiving yourself for past mistakes seems to be one of the most difficult things to do. When you are plagued with unhelpful patterns of behaviour around self sabotage, there is only one thing to do - understand why. Through journaling Jacqui uncovered locked away memories that filled her full of shame, but explained why she had done so many silly things. From eight when innocence was stolen, she grew up to discover that there is another tune that must be danced to. She yearned to be anyone, but her. Through the twists and turns that is life, she finally made sense of it all and now lives the life she always dreamed of. Like all memoirs, this is a cathartic piece for author Jacqui Malpass. Through writing, she has discovered stuff is just part of the journey and that words have the power to heal. Writing this self indulgent book allowed Jacqui to heal. The book is split into 2 parts, a short memoir and some poetry and prose from her darkest days. Her wish is that you too take up your pen and find a way through the darkness to find your light.

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