



## Don t Cut My Life-Line (Paperback)

By J Rainbow

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....



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