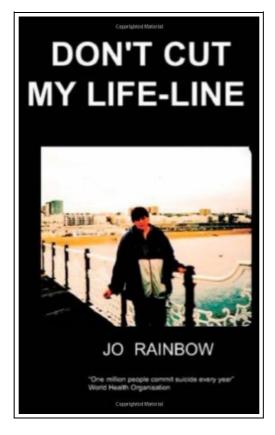
Don t Cut My Life-Line



Filesize: 3.67 MB

Reviews

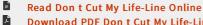
Very good eBook and valuable one. This is for anyone who statte that there was not a worth reading. You will not truly feel monotony at at any time of your own time (that's what catalogs are for concerning if you question me).

(Ms. Ona Muller)

DON T CUT MY LIFE-LINE



Chipmunkapublishing, 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...



Download PDF Don t Cut My Life-Line

See Also



I Want to Thank My Brain for Remembering Me: A Memoir

Back Bay Books. PAPERBACK. Book Condition: New. 0316118796 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good...

Read Book »



Will My Kid Grow Out of It?: A Child Psychologist's Guide to Understanding Worrisome Behavior

Chicago Review Press. Paperback. Book Condition: new. BRAND NEW, Will My Kid Grow Out of It?: A Child Psychologist's Guide to Understanding Worrisome Behavior, Bonny J. Forrest, At some point most parents wonder whether their...

Read Book »



Read Write Inc. Phonics: Orange Set 4 Storybook 2 | Think | Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read... Read Book »



I Want to Play This!: Lilac

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, I Want to Play This!: Lilac, Catherine Baker, Bug Club is the first whole-school reading programme that joins books and an online reading world to teach...

Read Book »



Born Fearless: From Kids' Home to SAS to Pirate Hunter - My Life as a Shadow Warrior

Quercus Publishing Plc, 2011. Hardcover. Book Condition: New. No.1 BESTSELLERS - great prices, friendly customer service â" all orders are dispatched next working day.

Read Book »