

## The Journey and Back: The Absence of Self Love to Loving Thy Self (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This narrative integrates a life s story of intergenerational trauma and lived experiences of abuse. Taking the reader on a journey through healing, the story illustrates trauma effects in one s life, and carries on to the growth and power of embracing pain. Learning to hold and release the pain of trauma through gentle yoga, meditation and reflection, a sense of self is rediscovered. It is hoped this will illicit hope and curiosity on how each of us can take back the taken part and heal in our own, personal way.



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