



## A Journey to Freedom: I Am Nothing Without My Self

By MR Ingolfur Hardarson

Ingolfur Hardarson, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The purpose of this book is not about the author or what he think is right. It is about the one who needs its content to improve her or his place in his or hers own life. This book is a journey. A journey from confinement in one s own mental prison to freedom and sustainability as an individual in one s own life. This is not an easy journey but still it is filled with personal victories on the way toward recovery and in the end happiness. It is not possible to compare the life before and after, it is simply unfair. The Now is so beautiful! The book is targeted to victims of violence. I was a victim of sexual violence among other things that a person should not experience and the books methodology is developed by these victims in mind. Since sexual violence includes all types and forms of violence then you can take all types and forms of violence into the process that is in the book. I try to drop the prefix...



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