



## Little Obsessions and Delusions (Paperback)

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By C E D

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book is about love and fear and how so often they are one in the same. For so long I felt such anger, resentment and helplessness. Now through introspection and growth I've gained a new perspective. Things happened to me but it doesn't mean they have to define me. It doesn't mean they have to plague me with insecurities. It doesn't mean they have to determine my actions or outlook. It doesn't mean they have to make me feel unworthy. It doesn't mean I have to continue the cycle. It means that I can take my experiences and use them to educate and strengthen myself. It means I can be better than those that have preceded me. I have the power to change. I'm not perfect and neither is my life. I still struggle. But I'm learning to love every bit of me, slowly but surely, everyday. I have found that the only thing that heals a heart is acceptance. I accept my experiences and they haven't broken me just yet....

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