



Family Secrets (Paperback)

By Nadja

Nadja, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Family Secrets is a deeply personal journey which chronicles a life path from growing up in a severely dysfunctional family to attaining emotional freedom and health. Nadja couldn't stop thinking about the past. It kept cycling through her mind repeatedly until one day she took up the pen and it all blasted through in a few days in verse form. Upon completing this work, Nadja's mind was at last at peace and never again did it disturb her with negative thoughts cycling through non-stop. Each section resolves itself in catharsis, forgiveness, and healing. It is the author's hope that this book will inspire others with similar challenges to take up the pen and clear themselves out once and for all. It is poetry therapy at its best. The book contains unedited, raw, bold, wild, intense, fearless, powerful emotion erupting on paper. It is a type of hero's journey. The writing is intimate and devastatingly candid. It is a testimony of the resilience of the human spirit and how deep healing is possible once we are able and willing to tell the...

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