



Poison Pen Letters to Myself (Paperback)

By Romany Rivers

John Hunt Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Poison Pen Letters to Myself chronicles a very personal journey through the years overcoming severe bouts of depression and consequently creating a more holistic and spiritual lifestyle. The chapters Red Letters, Return to Sender and Addressee Unknown reveal periods of depression and anxiety; anger and healing; and acceptance and spiritual growth. The words in these pages were not written for mass consumption. They were not artfully crafted for reading aloud in dim rooms to a soundtrack of clicking fingers and Parisian style applause. They were not intended as political statements or a way of reaching other wayward wandering souls. Over the last two decades they were poured, purged, scribbled and spat onto scraps of paper, napkins, backs of hands, into empty pages and blank spaces of other books. At times of sorrow, frustration, confusion, acceptance and joy these words made sense of the minds muddled meanderings. Within these pages you will find heart-breaking, heart-healing honesty that crosses the divide and touches the souls of others.



[READ ONLINE](#)
[5.52 MB]

Reviews

These kinds of book is every thing and helped me hunting forward plus more. It is probably the most remarkable book we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Everett Stanton**

A brand new e book with a new perspective. Better then never, though i am quite late in start reading this one. I found out this ebook from my dad and i advised this publication to find out.

-- **Hailee Hahn IV**

Related PDFs



[Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep](#)

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...



[Genuine the book spiritual growth of children picture books: let the children learn to say no the A Bofu \(AboffM\)\(Chinese Edition\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2012-02-01 Pages: 33 Publisher: Chemical Industry Press Welcome Our service and quality to your satisfaction. please tell your...



[Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities](#)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



[The Red Leather Diary: Reclaiming a Life Through the Pages of a Lost Journal \(P.S.\)](#)

Harper Perennial. PAPERBACK. Book Condition: New. 0061256781 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 Copy- I ship FAST with FREE tracking!! *...



[Letters to Grant Volume 2: Volume 2 Addresses a Kaleidoscope of Stories That Primarily, But Not Exclusively, Occurred in the United States. It de](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Volume 2 addresses a kaleidoscope of stories that primarily, but not exclusively, occurred in the United States. It describes in...



[Big Book of Spanish Words](#)

Usborne Publishing Ltd. Book Condition: New. Suitable for young language learners, this book includes over a thousand words of basic Spanish vocabulary. A picture associated with each word aids learning, there is a bilingual word list at the back of the book,...