

## What If The Revised Edition What If Book 2



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### ***Reviews***

*It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.*

*(Lavina Torp)*

## WHAT IF THE REVISED EDITION WHAT IF BOOK 2



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Paperback. Book Condition: New. Paperback. 54 pages. This book is an auto biographical poetic account of my experiences of a lost childhood, and a life changed by circumstances beyond my control. And how poetry helped me go through rehab and recovery of homelessness and Addiction. These are my views of my life long issues, and the unspoken thoughts and feelings I coped with whilst changing my life. and how sometimes when you clean up all your hidden memories come flooding back. I had a lot to deal with, and had to overcome them by Learning different ways and behaviors to understand my past and move on. My poetry came in recovery as a way of dealing with my issues and expressing how it feels from the inside. It helped me to cope with the necessary changes I had to go through, in order to gain and keep my sobriety. I have learned to, share what Ive been through, by talking to those of inner turmoils from within were no-one can reach you, unless you know the thoughts and feelings from your own experiences. I live life with my addict and suffering BPD and other issues that came as consequences to a life of survival. I am not looking for pity and self adulation, I am trying to help myself keep that of which was given to me in recovery, by giving it away with compassion and empathy to those out there still in the grip of their issues, illnesses and addictions. By sharing how it feels and to know that there is a way through, there is a way of changing a life for me and you together. Mike Howarth-Baker This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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