



## Therapeutic Poetry: Read Some Write Some (Interactive Self-Enrichment Book) (Paperback)

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By A Poet

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is for anyone who has suffered from narcissistic abuse or domestic violence whether physically, mentally, verbally or emotionally. It was created to be an interactive self-enrichment book. Writing is therapeutic. The author suffered from intense mental anguish and trauma due to abuse and found writing helped with coping and then with getting beyond the abuse. The book is formatted to where you read one of the author s poems or other piece of writing and then you write your own poem or your thoughts. You don t have to be a writer to benefit. Writing is another way of processing the intense feelings that come up when suffering from an abusive relationship especially from a narcissist abuser. Empaths may find this book very helpful. Anyone who has been traumatized in a relationship may benefit. All you have to do is Read Some Write Some. Create a new chapter in your life. This book along with other resources such as a coach, therapist, or domestic violence counselor, can help survivors begin to live a new life free from abuse and full...



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