



## A Journey Through Darkness (Paperback)

By Christina Aye

Trafford Publishing, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A collection of poems, written sporadically over a period of three years, taken from my diary during a twenty-two-year-long battle with depression and anorexia. I had a wonderful life until my late teens when my world got turned upside down after a traumatic experience. Finally, I woke up one morning and decided I deserved to return to the kind of life I once had. My healing process then began. I would not have survived the many crises had it not been for my loving parents always by my side. I am now, once again, healthier and happier than ever.



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