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What If The Revised Edition What If Book 2

By Mike Howarth-Baker

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...

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