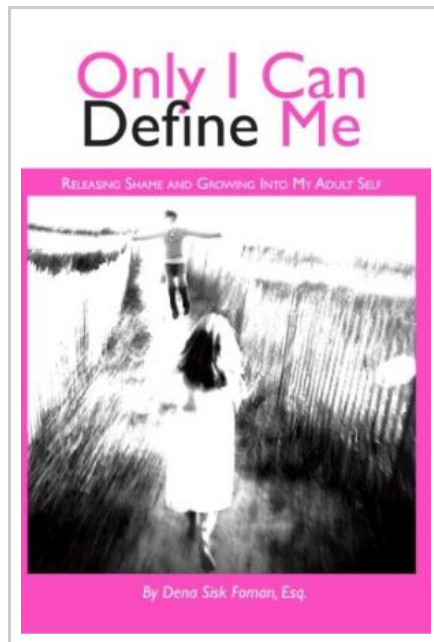




Only I Can Define Me: Releasing Shame and Growing Into My Adult Self (Paperback)

By MS Dena Sisk Foman

Createspace, United States, 2011. Paperback. Book Condition: New. Missy Ciocca (illustrator). Large Print. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a memoir of breaking the generational cycle of familial mental illness and dysfunction. Ms. Foman was abandoned by her mother at 11 years old and her world crumbled. Her mother then turned to a life of drugs and self-gratification. Her father dove into a new marriage just after the divorce and turned to dealing with his problems by drinking alcohol which led to his alcohol addiction. Thankfully, her father found sobriety later in life, but her mother remains an active drug user. As a result of her confusion, Ms. Foman turned to a life of promiscuity, drinking and got pregnant at 18 years old. She married a man similar to those examples she saw as a child. As this young woman was consumed with understanding why her life was so consumed with drama, she set out to understand and this journey took over 20 painful years. Ms. Foman left her first abusive marriage and went back to get a GED after dropping out of high school. She then went...



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Reviews

Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

-- **Dr. Deonte Hammes DDS**

This pdf is amazing. I actually have go through and that i am sure that i will planning to read once again again in the future. You wont truly feel monotony at at any moment of the time (that's what catalogs are for regarding when you request me).

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