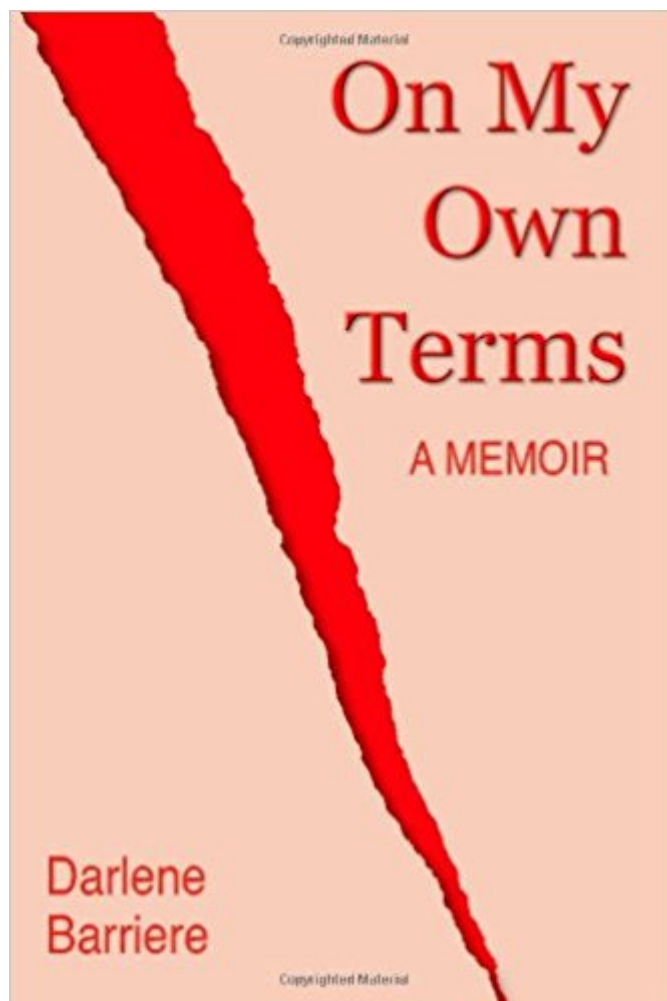


The book was found

On My Own Terms



Synopsis

The story of a woman who uses psychotherapy to come to terms with her abusive mother; but things get really complicated when her mother is dying of bone cancer.

Book Information

Paperback: 264 pages

Publisher: Trafford Publishing (May 7, 2004)

Language: English

ISBN-10: 141201929X

ISBN-13: 978-1412019293

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #6,499,154 in Books (See Top 100 in Books) #88 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #2193 in [Books > Self-Help > Death & Grief > Suicide](#) #3703 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#)

Customer Reviews

. . . offers valuable insight to counter the frequent tendency to medicate rather than fully treat emotional illness. -- Mike Youds, Kamloops Daily News, May 22, 2004
Barriere has written a courageous story of her struggle through childhood and adolescence and, in the end, forgiveness and recovery. -- Diana Skoglund, Kamloops This Week, June 11, 2004
The author has a powerful story to tell and tells it with excellence. -- Judge's Remarks, 2004 Writer's Digest International Self-Published Book Awards

On My Own Terms depicts therapy as one-issue, one-chapter. As anyone who has gone through the exhausting process can attest, each therapy session does not necessarily deal specifically with one issue. Nor are memories relayed methodically in chronological order. The portrayal of therapy in the book is in no way meant to suggest so. I wrote the book in this format to provide a more engaging story, one that could be easily followed. Therapists employ a variety of techniques to draw out their clients. The methods reflected in On My Own Terms are only a few of those techniques; it is not my intent to promote them to the masses.

On My Own Terms is a very powerful book! The author had me identifying with her. I was often in tears when I was reading this book. It addresses so many issues that deserve further thought. I truly recommend this book to anyone, as the author sheds a great deal of insight as to how a person is affected by abusive parents. This book left me with a feeling that we can all overcome obstacles, no matter what a person has endured. Darlene Barriere's book is truly inspirational.

This is a compelling story of a woman's life and her struggle with various kinds of adversity. I loved that instead of focussing on the pain and the horror of the events in her life, D. Barriere used them to speak about her personal growth and the triumph of her human spirit after much struggle. She was successful in making me think, making me sad, making me joyful for her successes and a book that is able to draw those emotions from me is a rare and treasured thing.

[Download to continue reading...](#)

A Quick Read on What You Should Know about Colon Cancer and how to Prevent it: Detailed, but in laymans's terms (What you should know about your health ... care of yourself; in layman's terms Book 1) The Terms: Part One (The Terms Duet) The Terms: Part Two (The Terms Duet) Start Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad Advisors) How to Sell Your Art Online: Live a Successful Creative Life on Your Own Terms On My Own Terms The Sweet Life: Find Passion, Embrace Fear, and Create Success on Your Own Terms The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms The Book of the Dead or Going Forth by Day: Ideas of the Ancient Egyptians Concerning the Hereafter as Expressed in Their Own Terms (Studies in Ancient Oriental Civilization) Wide Open: My Adventures in Polyamory, Open Marriage, and Loving on My Own Terms Write Your Own Fairy Tale: The New Rules for Dating, Relationships, and Finding Love On Your Terms Dance on Its Own Terms: Histories and Methodologies My Own Comic Book: Create Your Own Comic Strips from Start to Finish (Large Print 8.5"x 11" 120 Pages) (Blank Comic Books) (Volume 1) Make Your Own Manga: Create Your Own Original Anime Stories and Manga Comics! The Beginners Guide to Making Your Own Essential Oils: Complete Guide to Making Your Own Essential Oils from Scratch & To Improve Your Health and Well-Being ... Health, Healing, Weight Loss, Coconut Oil) Start and Run Your Own Record Label, Third Edition: Winning Marketing Strategies for Today's Music Industry (Start & Run Your Own Record Label) Blank Comic Book Make Your Own Comic Book: Create Your Own Comic Strips from Start to Finish (Large Print 8.5"x 11" 120 Pages) (Comic Sketch Book) (Volume 1) Build-Your-Own Toolbox 1-2-3 (Home Depot Build-Your-Own 1-2-3) How to Start Your Own Real Estate Photography Business!: A Step-by-Step

Guide to Show You How to Begin Your Own Real Estate Photography Business in 14 ... for real estate, photographing houses) Pirate Treasure of the Onyx Dragon (Choose Your Own Adventure #37) (Choose Your Own Adventure (Paperback/Revised))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)