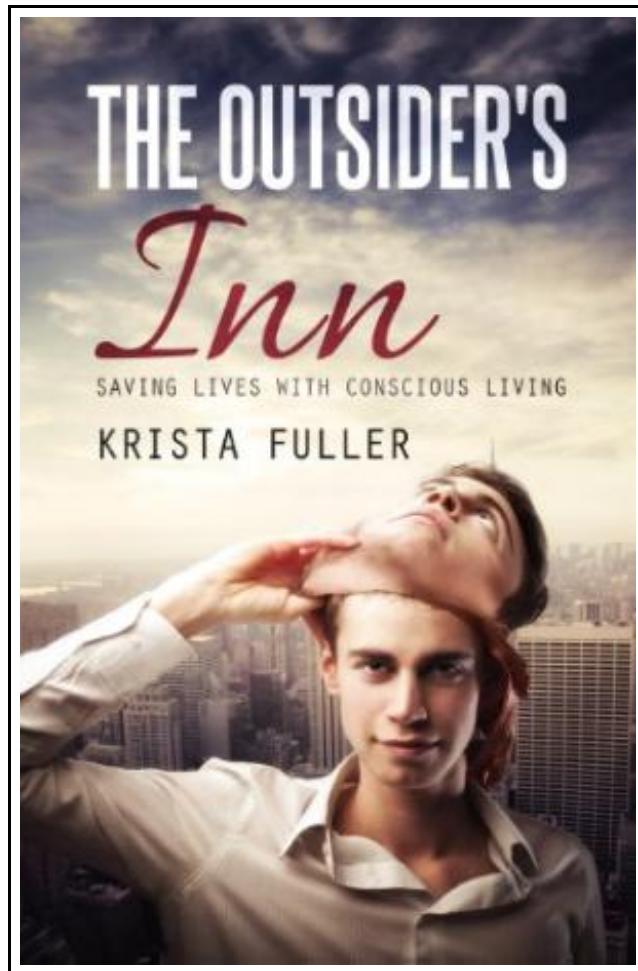


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(Brannon Koch)

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Sullivan Intellectual Property Company Pty Ltd, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. There is great tension that so many of us feel within our private, inner spaces. I am deeply worried by our tendency to repress our emotional struggles and then unleash them into the environment with our behaviour, affecting the lives of those around us. I have committed my childhood, my education and my study to what I care about most: the behaviours and the fallout that come from our tendency to want a better life for ourselves, to want a better world to live in, yet be unable to let go of our pain to make it possible. For eleven years I lived and studied the phenomenon that is the construction of self-loathing. I have learnt that we humans are inordinately powerful. Everything we are filled with-in our heads and our hearts-drives our actions, and all that we do in the world helps to shape a world we all share. Your mind is strong, resourceful, astonishing and magnificent. It is, in part, who you are, and it does matter what you decide to do with it. Krista Fuller. The Outsider s Inn calls us to break out of the socially constructed myth that we are not powerful enough to influence or impact upon our world. It is a mental health and suicide prevention early intervention effort that can build resilience, promote good mental health, create public awareness, provide information, encourage help-seeking, increase identification of people at risk and improve community strength and capacity around self-love and self-worth. This is a resource for young adults to explore deeply important and often taboo subjects. It is an insight of great value for parents into...

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