



A Quiet Strong Voice: A Voice of Hope Amidst Depression, Anxiety, and Suicidal Thoughts (Hardback)

By Lee Horbachewski

Balboa Press, United States, 2014. Hardback. Book Condition: New. 218 x 146 mm. Language: English . Brand New Book. A Quiet Strong Voice is a raw, honest exploration of a torturous journey through depression, anxiety, and multiple suicide attempts. It also serves as a valuable toolbox of thought-provoking questions, steps, and resources. Every so often someone will come along and gift you with the raw, honest reveal of their experience. A Quiet Strong Voice is that gift. Lee Horbachewski helps bridge the understanding of mental illness and brings forth a tremendous offering of tools in which one can begin to see their own quiet strong voice emerging. This is a gift to be shared. -Farhana Dhalla, bestselling author of Thank You for Leaving Me A Quiet Strong Voice is a deeply personal and engaging story; it is a toolbox of practical and helpful tools, and it is a reservoir of peace and inspiration. Lee Horbachewski describes in delicious detail the tools and strategies she used to move down the healing path of denial, awareness, acceptance, and action. She pours her soul into the pages. Her insights dazzle and her compassion soothes. -Gemma Stone, registered psychologist, author, and speaker A Quiet...



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Reviews

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