



Giving Yourself to Life: A journal of pain, hope and renewal

Deborah Shepard

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For twelve months Deborah Shepard kept a journal to help her with a chronic pain condition. Soon she found herself contemplating all of life's pains and losses, including the devastating earthquakes that shattered her hometown of Christchurch. Searching for a way through, she began observing the natural world on her doorstep and reflecting on family and friendship, flowers, beauty, literature and art. By 'giving herself to life' she discovered the power of writing to heal.

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