



The Story of My Life and Liberation: A Human Story of a Spiritual Journey (Paperback)

By Alice Little

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This, my third book defines the stories of my previous two books and places those stories into context as a spiritual journey, my story of Life and Liberation. This memoir recounts my journey of self discovery and transformation, looking back at the many things that affected me deeply and shaped my being. From early childhood abuse, neglect and narcissistic abuse. As the abuse carries on into my adult years, forcing me to go No Contact with everything toxic in my life, in order to heal, including my family, friends, career, home, town, and country. Loosing everything but gaining my self. My harrowing and moving story of journeys through various therapies and religions in my efforts to heal and the Narcissists I met along that journey. Within that how I carried on during terrifying flashbacks to my childhood and to previous lives. Finally ending in the defining years I spent as a Tibetan Buddhist including a three year retreat. Leaving retreat and entering the world again bringing me to where I am right now as I was in the beginning a traveller on...

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