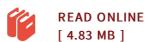




## Crying Scarlet Tears: My Journey Through Self-Harm (Paperback)

By Sophie Scott

Lion Hudson Plc, United Kingdom, 2008. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Sophie was a nice Christian teenager, the much-loved daughter of decent hardworking parents. One night she came back from babysitting and, almost without conscious motive, hit her leg with a coathanger. Then she tried whipping herself with a belt. The following day she scratched her arm repeatedly with the point of a compass. The sensation produced a warm sense of wellbeing, a release of tension. Thus began an eight-year struggle to conceal what was happening from her parents and friends; to reconcile this addiction with her faith; to find a stronger sense of self-worth; to find healing. Slowly, with lapses, she learned to identify the triggers and to realise that Jesus does not reject the self-harmer. Today Sophie works with teenagers and has considerable insight into how this very common problem can be tackled.



## Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- Blanca Davis

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD