



Poison Pen Letters to Myself

Romany Rivers

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Poison Pen Letters to Myself chronicles a very personal journey through the years overcoming severe bouts of depression and consequently creating a more holistic and spiritual lifestyle. The chapters Red Letters, Return to Sender and Addressee Unknown reveal periods of depression and anxiety; anger and healing; and acceptance and spiritual growth. The words in these pages were not written for mass consumption. They were not artfully crafted for reading aloud in dim rooms to a soundtrack of clicking fingers and Parisian style applause. They were not intended as political statements or a way of reaching other wayward wandering souls. Over the last two decades they were poured, purged, scribbled and spat onto scraps of paper, napkins, backs of hands, into empty pages and blank spaces of other books. At times of sorrow, frustration, confusion, acceptance and joy these words made sense of the minds muddled meanderings. Within these pages you will find heart-breaking, heart-healing honesty that crosses the divide and touches the souls of others.

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