



Heart of Hurts

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By QT Saunders

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Key Themes: breakdown, abuse, manic depression, bi-polar disorder

About the Author

She is one of a kind. JUST HOW MUCH HURT CAN ONE PERSON ENDURE - AND YET END THE STORY IN HOPE? The tough story of just one lady's life that has included all the following suffering: . Child sexual abuse on a regular basis by her stepfather between ages 12 and 21 . Rape by him in the car - causing her first nervous breakdown at age 17 . She is now 44 - long history since caused by both those intense traumas of: - o Depression o Three extremely serious incidents of 'self arson' - extreme self harm by setting herself alight with matches and lighters - and other forms of self harm including drug overdoses o Bipolar disorder (manic depression) o Schizophrenia - delusions and hallucinations as a result of that schizophrenia o Agoraphobia - fear of being outside by herself o Eating disorders o Various other physical problems including broken bones in her lower back and irritable bowel syndrome o Widowhood when her first husband was killed on his bicycle in suspicious circumstances o Domestic violence and extreme mental cruelty despite the above history by her current husband DESPITE that incredible list of problems this story ends in a message of hope. QT Saunders (her pen name) is truly a brave and remarkable woman.! Heart of Hurts

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