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## Survival Tips: To Ease the Confusion of Life

By Cheryl Frampton

Hartsmere Publishers. Paperback. Book Condition: new. BRAND NEW, Survival Tips: To Ease the Confusion of Life, Cheryl Frampton, Cheryl Frampton's first husband committed suicide and successive partners beat and abused her, subjecting her to such extreme violence that she was hospitalised on several occasions. One son was lost to social services; another died a week after birth with no love or understanding from her own mother. Because of these experiences Cheryl has written 'Survival Tips'. In this simple little booklet she shares with us how she beat the cycle of fear and managed to turn her life around. It is full of the questions that we all at some time have asked ourselves and not always found the answer. Cheryl explains how she dealt with these questions and gives sound easy advise. She does not tell you to pull yourself together or think positive, but gives you four easy steps to which to help you on your way whatever you own personal situation.



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