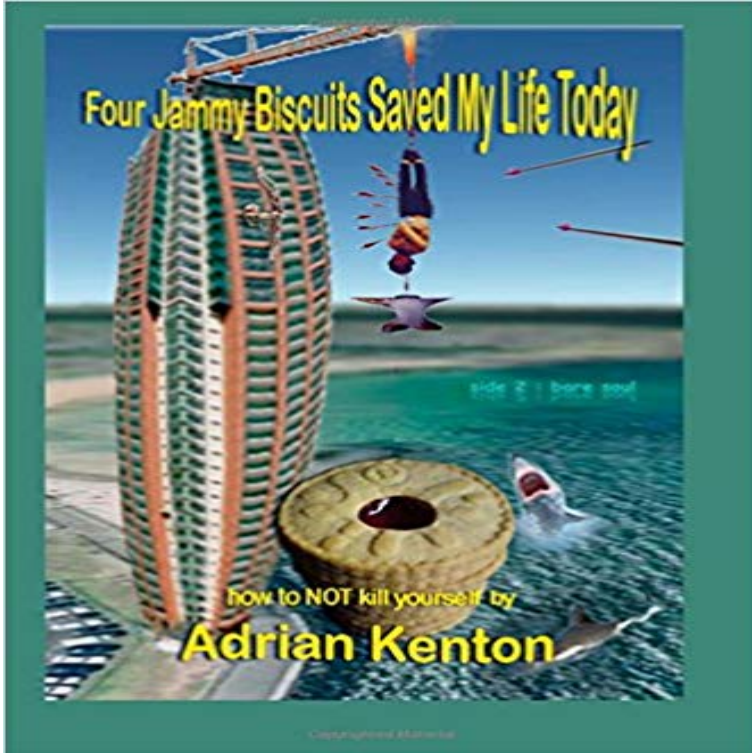


Four Jammy Biscuits Saved My Life Today: (how to NOT kill yourself) (side 2 : bare soul) (Volume 2)



Four Jammy Biscuits Saved My Life Today Volume 2 - bare soul covers the internal pressures forcing a mind into madness and suicidal compulsions. it examines my history of physical, psychological and sexual abuse contrasted with the trusting developing personality, taking us through breakdown, bi-polar depression, post-traumatic stress, loss, poverty, homelessness, madness, catatonia, compulsive behaviour, paranoia, panic, madness, self/religious condemnation, repeated suicidal episodes, gradual recovery, voluntary work along side statutory and voluntary mental health support organisations, psychotherapy and non-medical influences helping manage mental illness without medication. WARNING: content contains issues and language some people may find offensive. <http://www.4jammybiscuits.com>

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