

Two Hands: Use rituals to create your own peace from Borderline Personality Disorder

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✓ Verified Book of Two Hands: Use rituals to create your own peace from Borderline Personality Disorder

Summary:

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Take Traci's hand as you embark on a brazen recovery from the deep inner turmoil of Borderline Personality Disorder.

There's no perfect time to face the turmoil in our hearts. Vulnerability is scary, but there is something even scarier. If we don't tell our own stories, someone else will tell it for us, and they'll get it wrong. We need to find our own voices to avoid parroting those that are neither true nor useful.

Thrust into adulthood grossly underprepared for its challenges and with undiagnosed Borderline Personality Disorder Traci wandered from one lifestyle to the next on a turbulent, but eclectic road. From a fearful life as a sex worker to a relatively comfortable, but empty life as a housewife, Traci struggled with unmanaged symptoms and loneliness for two decades.

Finally diagnosed with Borderline Personality Disorder and treated in her thirties, she lives joyfully as an author. In Two Hands, Traci harvests intimate moments in her recovery to inspire you to heal. You'll triumph over tough obstacles such as shame, doubt, and secrets by using rituals to nourish your own insight and to motivate you through recovery.

Use Two Hands to sculpt your authentic life.

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