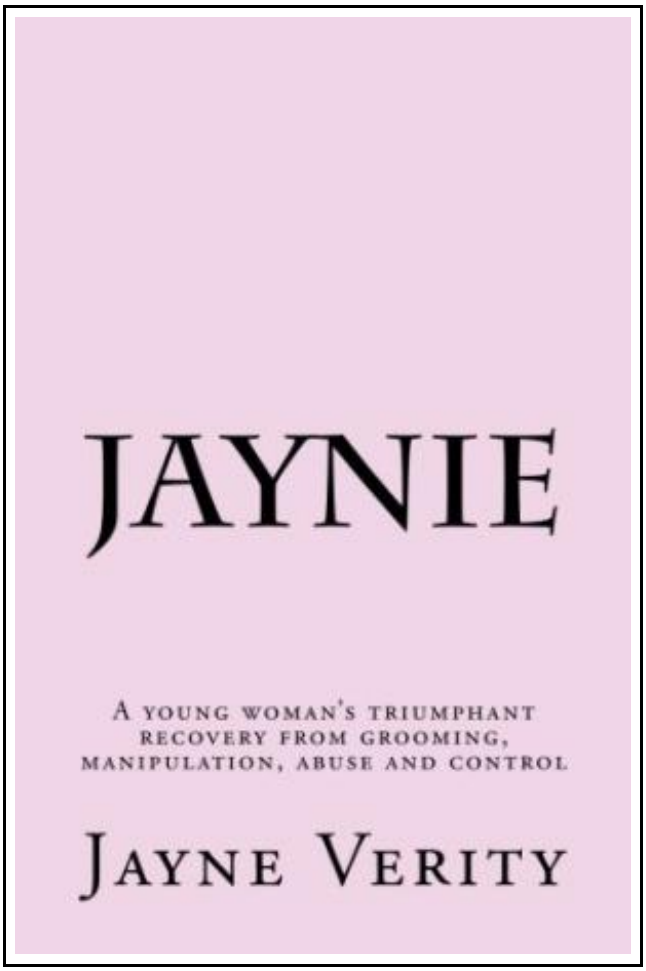
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Busy Corner Books, United Kingdom, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Newly qualified counsellor and psychotherapist Jayne Verity had one last journey of personal development to embark upon before she felt able to move on with her life. This is the heart-wrenching story of a courageous young woman s mission to rescue her inner child as she rewrites her own personal history. Far from being a self-pity party or misery memoir , Jayne Verity s story has been described as therapeutically detailed, empowering and triumphant to anyone who dares to walk their own road back to health and happiness. Online book club review, received with grateful thanks: I must admit, I approached the book, Jaynie, by Jayne Verity with some trepidation. Memoirs can be strong, evocative, and encouraging, or, as is too often the case, they can be dismal self-pity parties. Although the author has valid reasons to subscribe to the latter, I was pleased to discover that Jaynie is not only firmly in the former camp, but is an excellent example of what a good memoir can do. At the beginning of the book, we are introduced to a twenty-something Jayne. Addicted to painkillers and negative self-talk, she suffers from low self-esteem and she finds herself in a position where although she feels selfish, she is really self less. She lost her voice and her core more than a decade earlier, when at ten, she became the prey of an older boy she trusted. As she moved through her life, she swallowed her own psychological pain resulting in severe physical pain, which required multiple operations. During this time, she continued to suffer abuse from trusted authoritative figures in her life. Yet, as the author recounts this,...

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