



Cathartic Moments of a Captive Heart

By T M Lawrence

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Cathartic Moments of a Captive Heart by T.M. Lawrence is a collection of poetry that emerged from the self-hatred for one s body and the scars from one s high school experiences. Jaded by the opinions of others, spoken or unspoken, the author eventually had found solace in the emotional catharsis literature provides. Guided by an unyielding sense of spirituality, T.M. Lawrence took hand to pen and slowly began to release the inner darkness. Witnessing the self-evolution captured by the pen is truly cathartic, especially when one s heart is held captive for so long by low self-image and the malicious actions of the socially accepted. This collection of poetry hopes to inspire those who have their hearts held captive to engender their own liberation.



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