



Emotional Triangle: A True Story of Overcoming Childhood Trauma, Years of Grief, and Post Traumatic Stress Disorder (Paperback)

By Blazie Holling, Alexandra Aina

Createspace, United States, 2009. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****. After witnessing a violent murder as a small child, Blazie Holling lost the ability to speak. Later she lost her best friend to leukemia, her father to fire and her fiance to random violence. These traumatic events and many others caused her to become an angry, substance abusing adult who successfully hid her profound grief and anxiety until one day everything just fell apart and she had her first panic attack. This book chronicles how she triumphed over the devastating events she endured in her life and the tools she used to become an emotionally healthy and spiritually fulfilled adult. If you are suffering, grieving, and weak from emotional pain, know that there is a way back to wholeness. Be open to healing no matter how it shows up in your life. Even if you can only take baby steps in the beginning, take them anyway. If you fall, get up and take another step towards wholeness. Beyond the pain and the darkness there is light. Choose life.



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