



## The Climb: My Journey Out of Darkness Despair (Paperback)

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By Michele Emerick

Tate Publishing Enterprises, United States, 2011. Paperback. Book Condition: New. 206 x 28 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What if life has punched you so hard and so many times you feel you can't get up anymore? What if the lemons you've been given are too sour even for lemonade? What if the feeling of hopelessness is so powerful, you can no longer pull yourself up by your bootstraps? In *The Climb*, Author Michele Emerick delivers a realistic step-by-step approach to overcoming depression, anxiety attacks, suicidal tendencies, and other hard-hitting life struggles. Using personal stories and sharing insights from her own journey through sexual abuse, Post Traumatic Stress Disorder, and over eleven years of suicidal thoughts and tendencies, she leaves you feeling inspired, motivated, and ready to overcome your own obstacles and create the kind of life you dream of. Presented in an upbeat and practical format, this book just might save your life.

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