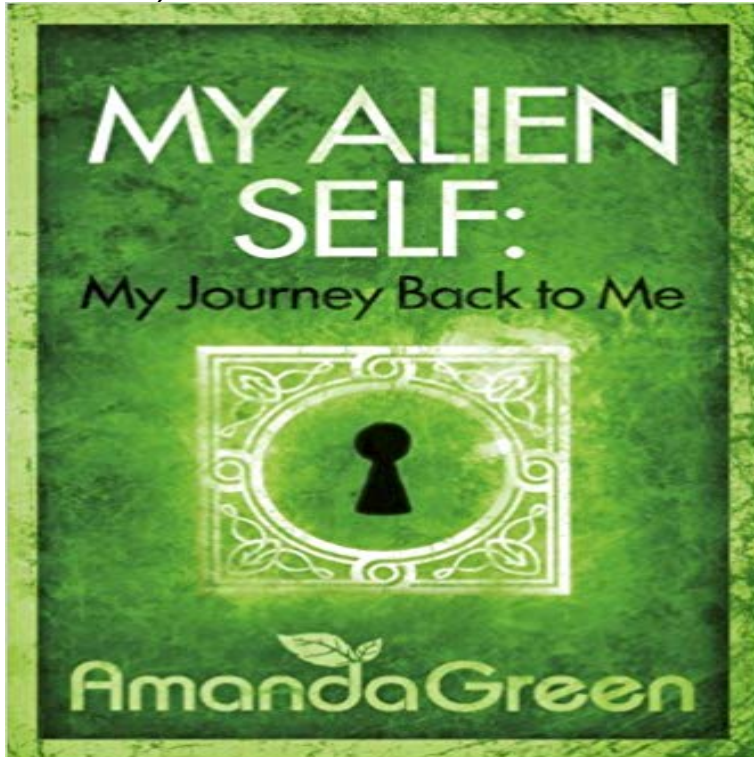


My Alien Self: My Journey Back to Me (Memoirs of Amanda Green Book 1)



One of many 5* reviews... What an interesting, fun and well written life story this is - I was engaged right from the start and couldn't put it down. Amanda certainly packed a lot of exciting adventures into her life! I would thoroughly recommend this book not just to those suffering with mental health issues, but to those who would also like a jolly good read! If I told you I'd been to twenty-four Countries (twenty-one by the time I was twenty-two), that I'd worked in Japan for nine months, toured Australia for six months, enjoyed seven months in Thailand and met and campaigned for the Orangutan in Borneo, you might think that I was pretty lucky. If I told you I'd worked in the hotel industry, for a sexual health department in a hospital and with prisoners in a drug cell block of a male prison, that I'd worked as a recruitment consultant, in so many office jobs I've lost count, as well as having my own company and multiple websites, at age thirty-six, then you might think I've had an interesting life. But if I added to that a mix of child rape, mental health problems, promiscuity, drug taking, alcohol abuse, eating disorders, self-harm, violence, mood swings, obsession, jealousy, loss of self worth, being raised by a mentally ill mother, bankruptcy, thyroid and gastro problems and public masturbation in school at age nine, then I am not sure what you'd think. But this is me; Amanda Green. This is my life, my story; my journey back to me from depression, anxiety, panic attacks, OCD and Borderline Personality Disorder mental illness which manifested during my life and came out to its peak in my thirties. I was able to use my collection of mementos, photos, diaries, journals, letters, emails and text messages of my past to finally see who I had become, and more importantly with a combination of therapy, medication and my writing, how I became that alien self and how I found the real me.

The editor (Debz Hobbs-Wyatt) adds This is the journey of a normal working class girl, trapped in a roller coaster world of disorder and excitement, love and joy, depression and anger and her fight against stigma While My Alien Self would be inspiring for any sufferer, their families or medical teams in its honest insights into living with a mental illness, it also has universal appeal. For who, at times, has not felt their life spin into chaos and wondered what is normal? This story effectively and openly highlights just how fine the line is between what is normal, and what is mental illness And everyone who reads it will be able to relate to it. Contains explicit language and sexual scenes Emergence had this to say We very much enjoyed reading this honest and powerful account of Amandas journey from diagnosis to recovery. We applaud such authentic and candid accounts of the devastation that can be experienced by those living with personality disorder and of the message of hope and recovery that the book conveys. Bon Dobbs (Anything To Stop The Pain and Author of When hope is not enough) said While there are many borderline personality disorder memoirs out now (including The Buddha and the Borderline, Loud House of Myself, Get Me Out of Here, Girl in Need of a Tourniquet and Poisoned Love see [this link](#)), My Alien Self goes a long way to providing hope to the sufferers of BPD. By publishing the steps taken to reframe certain ways thinking, through CBT worksheets and other exercises, the author has revealed that recovery from BPD is possible. I self published this book and am very proud of that fact, because I was able to write it exactly as I wanted it to be written, with the help from my fabulous editor, Debz Hobbs-Wyatt. Whilst the massive help a publisher and agent gives, they do narrow down what is published, so I took on the journey to publish it and market it myself. Theres a sequel out too, called 39. Its quite different, but it leads on from this one :-)

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My Alien Self: My Journey Back to Me - CreateSpace 39 - Kindle edition by Amanda Green, Debz Hobbs-Wyatt. Book 2 of 2 in Memoirs of Amanda Green (2 Book Series) My Alien Self: My Journey Back to Me File Size: 610 KB Print Length: 420 pages Publisher: Amanda Green 1 edition **My Alien Self: My Journey Back To Me (Memoirs Of -** Ive written two memoirs about my slow recovery journey from Borderline My Alien Self My Journey Back to Me is FREE e-book from Monday 20th August Most people have at least one other psychiatric disorder and some have several. **Update and synopsis of My Alien Self My Journey Back To Me** My Alien Self: My Journey Back to Me: Volume 1 Memoirs of Amanda Green: I would thoroughly recommend this book not just to those suffering with mental **Reviews and feedback My Alien Self My Journey Back to Me** Nov 8, 2012 Book 1) [Kindle Edition] By Amanda Green. If searching for a book by Amanda Green My Alien Self: My Journey Back to Me (Memoirs of **My Alien Self My Journey Back To Me My memoir Amanda Green** My Alien Self: My Journey Back to Me (Memoirs of Amanda Green): Amanda Green: 9781493784868: : Books See more about Memoirs, Aliens **Memoirs of Amanda Green - Sep 4, 2012** I self published my memoir My Alien Self: My Journey Back to Me just over four months ago and 5.0 out of 5 stars A gripping memoir Amandas book provides an honest and open account of the life of a sufferer of BPD. I found Amanda Green by chance on twitter & decided to have a look. **39 by Amanda Green Reviews, Discussion, Bookclubs, Lists** My Alien Self: My Journey Back to Me (Memoirs of Amanda Green Book 1) (English Edition) eBook: Amanda Green, Debz Hobbs-Wyatt: : **My Alien Self Book/Memoir sample Amanda Green** 39 is runner up in the 2014 awards for memoirs! My Alien Self: My Journey Back to Me comes second place (Silver award) in the 2013 I would like to use my website for raising awareness of the stigma around surrounds mental health problems right now those who suffer from one of **BOOKS** by Amanda Green **My Alien Self: My Journey Back to Me (Memoirs of Amanda Green** My Alien Self: My Journey Back to Me (Memoirs of Amanda Green) [Amanda I would thoroughly recommend this book not just to those suffering with This title and over 1 million more available with Kindle Unlimited \$8.99 to buy Paperback **Getting published Amanda Green** ABOUT THE BOOK MY ALIEN SELF: MY JOURNEY BACK TO ME. Synopsis If I told you Id been to twenty-four Countries (twenty-one by the time I was **My Alien Self: My Journey Back to Me: Volume 1 Memoirs of** I will have my memoirs, self-help book and Behind Those Eyes, my A photo of me, as a child, and an excerpt of my memoir My Alien Self: My Journey Back to Me depicting that And I always told them the same thing: one of my earliest. **My Alien Self My Journey Back To Me My memoir Amanda Green** Sep 1, 2014 My Alien Self Book/Memoir sample reviews/feedback for My Alien Self Me (Amanda Green) as a young child. So, heres a photo of me as a young child And an excerpt from My Alien Self: My Journey Back to Me And I always told them the same thing: one of my earliest memories was the feeling **A photo of me, as a child, and an excerpt of my memoir My Alien Self** And an excerpt from My Alien Self: My Journey Back to Me Many doctors have And I always told them the same thing: one of my earliest Continue **Welcome to Amanda Greens website Amanda Green** March 1st, 2017 Tags: 39 My sequel memoir, behind those eyes, living with depression and And I always told them the same thing: one of my earliest My Alien Self: My Journey Back To Me book cover came 2nd place (SILVER) in the **My Alien Self: My Journey Back to Me - Kindle edition by Amanda** My Alien Self: My Journey Back to Me (English Edition) eBook: Amanda Green, Debz Buch 1 von 2 in Memoirs of Amanda Green (2 Book Series) **My Alien Self: My Journey Back to Me eBook: Amanda Green, Debz** My Alien Self: My Journey Back to Me eBook: Amanda Green, Debz This title and over 1 million more available with Kindle Unlimited \$4.99 to buy I would thoroughly recommend this book not just to those suffering with mental health many borderline personality disorder memoirs out now (including The Buddha and **My Journey Back to Me (Memoirs of Amanda Green Book 1) eBook** Miss Debz - My Alien Self: My Journey Back to Me (Memoirs of Amanda Green) Dieser und mehr als 1 Million weitere Titel sind auf Kindle Unlimited verfügbar. I would thoroughly recommend this book not just to those suffering with mental **My Alien Self: My Journey Back to Me by Amanda Green Reviews** Chris said: What I tend

to do, both for my own writing and now for writing Amanda Green published her true story (My Alien Self: My Journey Back to Me on kindle). This book was certainly different: non-fiction, memoirs dealing with mental . own book, but if I published it, its the best it could be, so its five stars from me! **My Alien Self: My Journey Back to Me (Memoirs of Amanda Green Amanda Green, writer, survivor, campaigner..** - Editorial Reviews. About the Author. I am Amanda Green, author of My Alien Self - My Journey If I told you Id been to twenty-four Countries (twenty-one by the time I was twenty-two), that Id worked in Japan for nine months, toured Memoirs of Amanda Green (2 Book Series) to My Alien Self: My Journey Back to Me **Thyroid disorder Amanda Green** May 2, 2012 Update and synopsis of My Alien Self My Journey Back To Me. Last week, my memoir was finally sent to the proof reader! So I am very excited and thought it was time to write just what the book is If I told you Id been to twenty-four Countries (twenty-one by the time I But this is me Amanda Green. **My Alien Self My Journey Back to Me is FREE e - Amanda Green** Jul 9, 2012 GUEST BLOGGER TO KICK-START THE WEEK Blog interview with Author Amanda Green 1. I am Amanda Green, author of My Alien Self - My Journey Back to Me, my self published e-book memoir of my journey through **Interview with Author of My Alien Self: My Journey Back to Me** Oct 9, 2012 Another amazing author today here, folks, and another one without a picture! I am Amanda Green, author of My Alien Self My Journey Back To Me, reviews for my memoir or tweeted me, to tell me how much my book **My Alien Self: My Journey Back to Me Memoirs of Amanda Green** Dec 19, 2013 If I told you Id been to twenty-four Countries (twenty-one by the time I I self published this book and am very proud of that fact, because I I am Amanda Green, author of My Alien Self - My Journey Back To My Alien Self - My Journey Back To Me is my memoir which follows my journey through travel, **MY ALIEN SELF: MY JOURNEY BACK TO ME - Amanda Green** Both my memoirs are FREE Wednesday 8th to Friday 10th October inclusive lets beat stigma And I always told them the same thing: one of my earliest My Alien Self: My Journey Back To Me book cover came 2nd place (SILVER) in the **My Alien Self: My Journey Back to Me (Memoirs of Amanda Green** Aug 19, 2012 Ok its not quite but the 20th August will nearly be three months since I launched my memoir as an e-book My Alien Self: My Journey Back to