



Courage To Kill Myself: One Person's Journey Toward Joy

Lesley Mohney

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Courage To Kill Myself: One Person's Journey Toward Joy Lesley Mohney

Courage To Kill Myself; One Person's Journey Toward Joy is part memoir, part self help and part spiritual transformation. Lesley's life experience affirms Light is always present regardless of how dark the night gets. As a psychotherapist Lesley worked with many clients who were trauma survivors. As Lesley uncovers the locked away memories of her own past she is able to better understand her present and open herself up to embrace the unconditional Love of her future. Lesley's perspective mixes insight, humor, irony and ageless wisdom. She has come to believe joy is found living the paradox of 'both, and'. Throughout the book Lesley encourages the reader to explore their own journey. She shares therapeutic techniques and spiritual practices that gave her hope, encouragement and direction out from self hate to self forgiveness to self love.

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