



Can You Hear Me Now?: Finding My Voice in a System That Stole It

Angela McCrimmon

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Angela McCrimmon - Nominated for Health Champion Hero Award 2016

The thoughts and feelings I should have felt safe enough to entrust in the hands of a Professional are now finding their way from the entrapment of my head to the healing I am finding in my writing. Revealing that although I've battled Self-Harm on the outside, the real harm was often done by Mental Health Professionals themselves.

It's been a roller-coaster ride writing this book but definitely one I had to ride to get to the other side. Determined to finally stand up for myself and to encourage others to stand alongside me.

Often dismissed, ignored, and scared into silence... Can you hear me now?

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From reader reviews:

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People live in this new morning of lifestyle always aim to and must have the spare time or they will get large amount of stress from both lifestyle and work. So , when we ask do people have extra time, we will say absolutely indeed. People is human not just a robot. Then we request again, what kind of activity have you got when the spare time coming to a person of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative within spending your spare time, often the book you have read will be Can You Hear Me Now?: Finding My Voice in a System That Stole It.

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