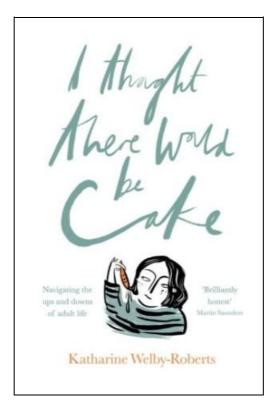
I Thought There Would be Cake (Paperback)



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Reviews

This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Missouri Satterfield DVM)

I THOUGHT THERE WOULD BE CAKE (PAPERBACK)



SPCK Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand New Book. EVER THOUGHT LIFE ISN T TURNING OUT QUITE AS YOU EXPECTED? Growing up, Katharine Welby-Roberts imagined that being an adult was one big party. But depression, anxiety and crippling self-doubt led her to alienate herself from others. To replay events and encounters as nightmares. Occasionally, to be unable to leave the house. Aware of the cacophony of voices in her head, Katharine invites us to join her as she journeys to the depths of her soul. Here, with instinctive honesty and humour, she confronts the parts of her story that hinder her most. As she charts a course that offers ways of coping with everyday issues, we are encouraged to embrace our own self-worth. To recognise the value of our existence. To let ourselves be loved. Exactly as we are.



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