



## Bird Dance (Paperback)

By Crystal L Swain

Swain N Company, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The journey to loving oneself is not always easy. As an overweight African American woman who has struggled with low self esteem, low self worth, self hatred, feelings of rejection, hopelessness, suicide and always wanting to know why God allows or doesn't allow certain situations to happen, I have found a way to live my life, love my life, roll with the punches and become content without being complacent. My book title Bird Dance: Memoirs, Poetry and Prayers Making Love, is a nonfiction memoir packed with personal, religious and spiritual advice targeted toward youth and adults. It will help people to navigate through their trials and tribulations by my becoming transparent, vulnerable and honest enough to tell them that there is no magic solution. All we can do is live. My first book entitled Bird Dance has allowed me the chance to share my unedited hurts and joys with the world. It was more than a labor of love, it gave me freedom and the understanding that I am a writer with a story that is not so uncommon from...

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