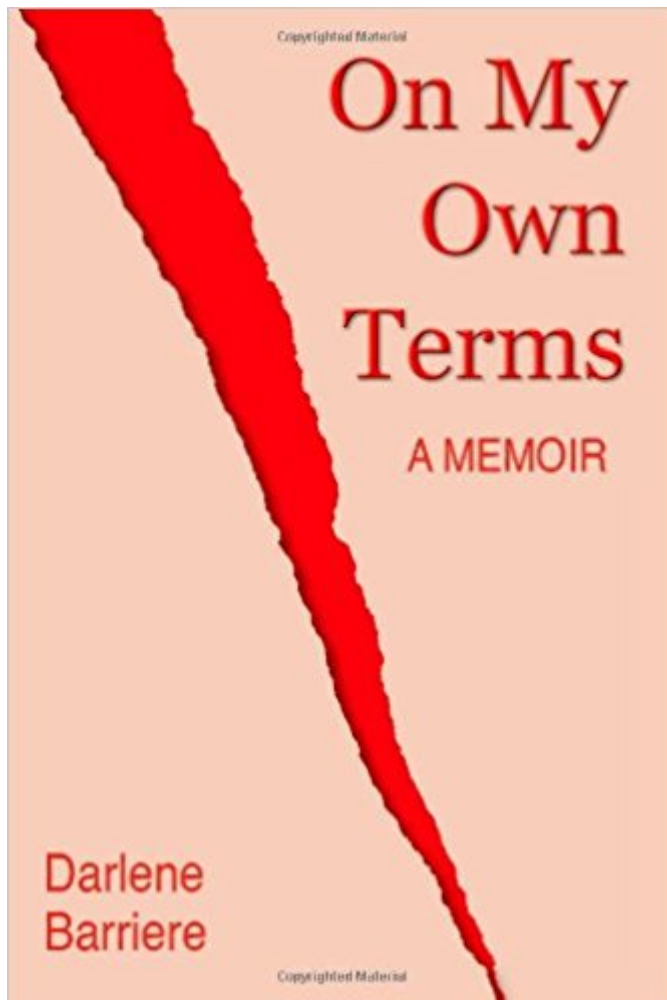


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# On My Own Terms



## Synopsis

The story of a woman who uses psychotherapy to come to terms with her abusive mother; but things get really complicated when her mother is dying of bone cancer.

## Book Information

Paperback: 264 pages

Publisher: Trafford Publishing (May 7, 2004)

Language: English

ISBN-10: 141201929X

ISBN-13: 978-1412019293

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #6,499,154 in Books (See Top 100 in Books) #88 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #2193 in [Books > Self-Help > Death & Grief > Suicide](#) #3703 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#)

## Customer Reviews

. . . offers valuable insight to counter the frequent tendency to medicate rather than fully treat emotional illness. -- Mike Youds, Kamloops Daily News, May 22, 2004  
Barriere has written a courageous story of her struggle through childhood and adolescence and, in the end, forgiveness and recovery. -- Diana Skoglund, Kamloops This Week, June 11, 2004  
The author has a powerful story to tell and tells it with excellence. -- Judge's Remarks, 2004 Writer's Digest International Self-Published Book Awards

On My Own Terms depicts therapy as one-issue, one-chapter. As anyone who has gone through the exhausting process can attest, each therapy session does not necessarily deal specifically with one issue. Nor are memories relayed methodically in chronological order. The portrayal of therapy in the book is in no way meant to suggest so. I wrote the book in this format to provide a more engaging story, one that could be easily followed. Therapists employ a variety of techniques to draw out their clients. The methods reflected in On My Own Terms are only a few of those techniques; it is not my intent to promote them to the masses.

On My Own Terms is a very powerful book! The author had me identifying with her. I was often in tears when I was reading this book. It addresses so many issues that deserve further thought. I truly recommend this book to anyone, as the author sheds a great deal of insight as to how a person is affected by abusive parents. This book left me with a feeling that we can all overcome obstacles, no matter what a person has endured. Darlene Barriere's book is truly inspirational.

This is a compelling story of a woman's life and her struggle with various kinds of adversity. I loved that instead of focussing on the pain and the horror of the events in her life, D. Barriere used them to speak about her personal growth and the triumph of her human spirit after much struggle. She was successful in making me think, making me sad, making me joyful for her successes and a book that is able to draw those emotions from me is a rare and treasured thing.

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