



Dealing with Demons

J. Patrick Gasparini

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This book is a product of many years of writing. It is the culmination of my thoughts on nature and humanity, mental illness and lovelorn sentiments, and hope, family, and home. I explore themes such as mindfulness, the elements, OCD, Depression, Depersonalization/Derealization, Panic Attacks, being single in a world that forces conformity, and growing/transforming pain into healing.

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