



From Fear To Faith

Barbara Harris

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As a young child, I could see and hear witches in my closet. This was the first clue something was wrong with me. There were early signs of my mental diseases but they were not severely manifested until my father's suicide when I was a teen. After that my schizophrenia manic-depression, depression and panic attacks took over and my drug and alcohol abuse began. This is a story of a woman who had no hope. At age 45, I found the power, with the Lord's help, to recover from drugs, alcohol and my mental diseases. It was not an easy journey and had many facets including family murders, living in an ashram, relapses and spirit guides. I have always been spiritual and have had a close relationship with the Lord. It was thru my faith and trust in God that I was healed. I will do everything I can for God and Christ because they gave me a new life. The prize for this new life is freedom from bondage of self and self-will. Alcohol is a crutch to many people with mental disease. It becomes a vicious circle and is an added challenge to stay sober. This book can provide hope for many who suffer the way I did. "The Swing of Life" Life is funny in many ways it's like a swing that continually sways, Sometimes it seems we're up so high that we could reach and touch the sky And then at times it swings so low, we wear a smile so no one knows.

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