



# Through the Trees: The poetic end to a toxic relationship

Nina C Palmer

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A poetic journey through the emotions we endure at the end of a toxic relationship. This book uses nature and metaphor to express each stage of grief. Each chapter a stage, each poem a part of a the journey taking you through denial, anger, depression, bargaining, and acceptance.

Written from personal experiences, it truly captures the occurrence of verbal and emotional abuse experienced in a toxic relationship. Whether your loss is a friend, husband or wife, a brother or sister, mother or father, these writings will hit home with all. A truly inspired collection of work. It relates with the heartache of the loss but also uplifts and inspires. This poetry acts as an emotional guide leading you through each stage and leaves you at the end with the courage and strength to move on.



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