



## INFORMATION FOR REVIEWERS & RESELLERS

CheckPoint Press, Ireland  
 Tel: 098 43779  
 (Intl) 00353 9843779  
 Email: [editor@checkpointpress.com](mailto:editor@checkpointpress.com)  
 Website: [www.checkpointpress.com](http://www.checkpointpress.com)



An Inner Journey To Freedom From Childhood Abuse



VERONICA CADDICK

"Eloquently written... straight from the heart of compassion and wisdom. I recommend it highly." Barefoot Doctor

**Title: LOOKING THROUGH THE MIRROR**

**Subtitle: An Inner Journey to Freedom From Child Abuse**

**Author: Veronica Caddick**

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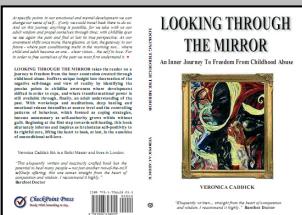
Paperback, 136 pages  
 B&W 5.5x8.5 in or 216x140 mm  
 Perfect Bound on White

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#### Subject Codes

SEL001530 Self-Help : Abuse - Sexual  
 FAM001010 Family & Relationships : Abuse - Child Abuse  
 SEL001000 Self-Help : Abuse - General



#### Reviews

*"This eloquently written and succinctly crafted book has the potential to heal many people – not just another run-of-the-mill self-help offering, this one comes straight from the heart of compassion and wisdom. I recommend it highly." Barefoot Doctor*

*"An insightful and uncompromisingly honest account of the author's personal journey to transformation, bringing much-needed understanding, and perhaps more importantly - hope!" S. T. Manning PhD*

#### Book Description / From the rear cover..

LOOKING THROUGH THE MIRROR takes the reader on a journey to freedom from the inner constraints created through childhood abuse. It offers unique insight into the creation of the negative self-image and view of reality by identifying the precise points in childlike awareness where development shifted in order to cope, and where transformational power is still available through, finally, an adult understanding of the past. With workshops and meditations, deep healing and emotional release intensifies at source level and the controlling patterns of behaviour, which formed as coping strategies, become unnecessary as self-authority grows within without guilt. Beginning at the first step towards self-healing, this book alternately informs and inspires as it reinstates self-positivity to its rightful core, lifting the heart to bask, at last, in the sunshine of unconditional self-love.