

Externalize Your Inner Apocalypse

with Creative Writing

Ellen Briana Szabo

Gregory Harrison Wright

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their entire lives in their body Can you pretend to know someone else s thoughts Do you expect other people to know yours But I digress we obviously don t have time for lectures People are funny things they have brains with excesses or absences of hormones they have impulsive behaviors and hidden agendas People have expectations for the way the world works and how they should be treated Bullets and food never have to adapt their recipe to deal with trauma The brain stores fear and anger hidden even to our own conscious mind and the brain adds the hormones necessary to survive in difficult times As a result humans start reacting to even the most unexpected stimulus as if it were death itself or the perfect time to start screaming at the worst possible moment Some of this book may sound callous There is a great deal to be explored regarding humanity and what defines humanity in the face of great danger Can we maintain our humanity while leaving our friends to die What is humanity when life becomes so precious and our morals are stripped to bare bones I will not be surprised to hear this book does not sit well with many of its readers Please recognize that when faced with great danger we must make difficult decisions How do we deal with those decisions How can we make the great sacrifices of our friends and neighbors actually mean something No one is perfect and in an imperfect situation we are likely to make some regrettable decisions Should we give up If your answer is yes you bought the wrong workbook This is not Mental Health Tips to Help You DIE in the Zombie Apocalypse There is no way I m going to be able to make a follow up workbook if my entire readership base is dead Moving on Our pre apocalyptic society condemns violence We also believe people can change We hate what substance abuse does but we hope for the substance abusers We provide mental health services in the belief that people can alter their lifestyles and make better decisions In the zombie apocalypse this belief must be maintained If society is to thrive we must find a way to bravely overcome the emotional traumas that are guaranteed to come from both internal and external sources People are kindly put inadequately prepared for a zombie apocalypse To survive we must take the best from every corner of the psychological insights provided to us So that is exactly what this workbook will do I will guide you through a variety of perspectives to help you think grow and thrive My approach may appear offensive but it may also be the very thing that will Through Apocalypse to Grace Pooja Francis, 2021-09-19 This book is filled with tears turned into words save your life Every page is a story in itself Let go and allow yourself to feel a little less of who you were and unfold the most purest gentle and human part of yourself How to Survive the Apocalypse Jacqueline Allen Trimble, 2022-08-15 Love and Apocalypse Scott Reeves, 2012-02-10 100 Poems about love and the end of the world and about love being the end of the world

Facing the Apocalypse Bud Harris,2021-11-23 **Love After the Apocalypse** Evan Snyder,2020-05-30 Anthony Dodd is a college student at odds with his parents his teachers and his peers His only source of comfort in life is the alone time he gets while driving a van once a week to pick up gear for his school s rocketry program But when one of these pickups doesn t go as planned Anthony decides it s time for a change Will every situation he encounters end up just as hopeless as the last or will he finally be able to dig himself out of his rut and find true happiness

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