



Split

Cheryl Reich-Bills

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This book is not an orthodox fiction, it is not a self-help book – it IS a self-discovery book to enlighten persons interested in finding keys to unlock their own life’s questions. SPLIT is an accumulation of some hard-won answers as to how we learn to persevere. SPLIT is a story of several girl’s lives; their stories unfold over three 20 year periods. SPLIT is in part about how shame can cast a dark, tangled net over our psyches. Unless we remain true to our real selves, that black net keeps us in darkness wearing rose-colored glasses, wandering the Streets of Denial - most of our lives. The author, Cheryl Reich/Bills, began writing her own story decades ago when she looked into a mirror and saw the reflection of someone she used to be. In an attempt at self-preservation, she began writing journals. Years later after persevering through many trials, she re-read those journals and thought: “How did I survive?” “Why did that happen?” “Why didn’t I see the darkness?” In mid-life Cheryl became a wounded healer – a social worker helping others learn how to persevere through their trials. Cheryl has worked for over twenty years with youth at risk and victims of violence in many different roles. Someone said that social workers are the guardians of suffering souls here on Earth. Cheryl believes this may be true. She hopes that SPLIT will inspire readers to search out answers to unanswered questions – finding the keys to unlock their own stories. SPLIT is dedicated to those souls who are learning that surviving is a process with the victory of living an authentic life.

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