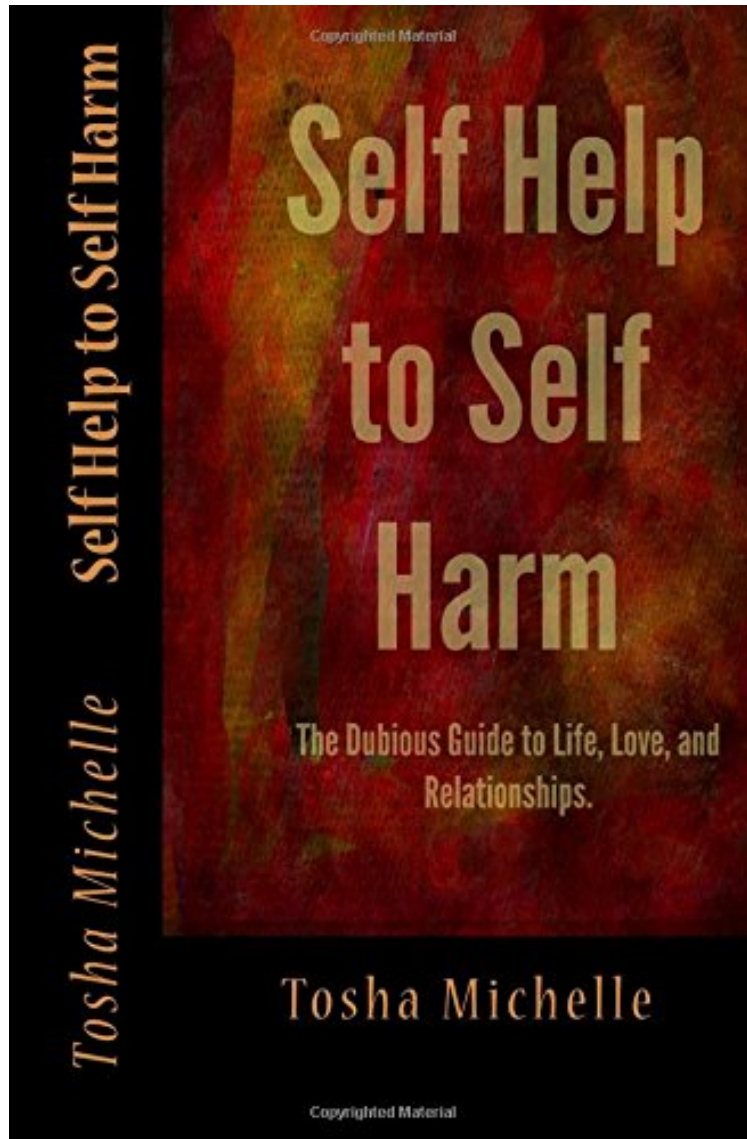


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## Self Help to Self Harm: The Dubious Guide to Life, Love, and Relationships.

*Tosha Michelle*

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**Tosha Michelle : Self Help to Self Harm: The Dubious Guide to Life, Love, and Relationships.** before purchasing it in order to gage whether or not it would be worth my time, and all praised Self Help to Self Harm: The Dubious Guide to Life, Love, and Relationships.:

1 of 1 people found the following review helpful. I would be happy if I could do one as well as sheBy James

DennardMy friend, Tosha Michelle, is a woman of many talents. She is a gifted singer, writer, and artist. I am in awe of the skill she displays at all three. I would be happy if I could do one as well as she. In addition to her artistic talent, she is one of the kindest souls I have had the good fortune to meet. And her quirky sense of humor is the perfect finishing touch to her well-rounded personality. She put her poetic talents on display in her book *Confessions of a Reformed Southern Belle: A Poets Collection of Love, Loss, and Renewal*. She also showed the beginnings of a penchant for long book titles, but I digress. She opened up herself to her readers with the beauty of her words and creativity. Now Tosha Michelle is back with her own unique take on the self help book: *Self Help to Self Harm: The Dubious Guide to Life, Love, and Relationships*. In its pages, she draws from her life experience to give both women and men advice on dealing with the opposite gender and life in general. She does this with the selflessness, grace, humor, and confidence that only a daughter of the South can. Don't let the title fool you. There is plenty of wisdom in this book. Reading it feels like she is sitting with me, sharing a box of Godiva chocolates (kidding- I would let her keep those all to herself), and conversing about life with the sister I never had. I will pull this book off my bookshelf regularly to enjoy this wonderful glimpse into the mind and heart of one of my favorite people. And I hope you will read this book as well. 0 of 0 people found the following review helpful. Cheeky yet deep By J. D. Estrada Fact: Tosha Michelle is a magnificent poet. Fact: this book doesn't have poems... or maybe one. Fact: this was a very fun read. To me a 5 star book can be something that shakes you to your core or something that makes you smile. This book is the latter. It reads like a peppy, smile inducing blog post, which isn't to take away from the book. It's a very lovely book and being true to the star system, 5 stars goes to books I'd gladly read again and make me want to read more of the author. *Self Help to Self Harm* does that and more. Being familiar with her writing, it was nice and refreshing to see another side of the writer with a tongue and cheek look into life. Although a semi girly read, Tosha touches on several topics and shares parts of her life that are deeply personal. I think that's a good way to explain the book, it's a short look into humorous takes on life with some very deep, very meaningful, and impactful confessions from the author. As is, this was a super fun read and I will be looking to read more from this lovely human who also happens to capture cheek and life with words. If you want a quick read that is a break from all the dystopian darkness you indulge in, give this book a shot. I did and I'm happy for it. 2 of 2 people found the following review helpful. Tongue-in-cheek and close-to-heart By Peter Entertaining and endearing, insightful and fun---Tosha Michelle's *Self Help To Self Harm: The Dubious Guide to Life, Love, and Relationships* is a heartfelt confessional regarding the universal struggles of personal evolution. Tosha's lists and narratives offer good advice. Advice we already know deep down--advice we tell our friends--advice we ultimately KNOW we should follow. Sometimes we just need to hear it from someone else. Let this book be that someone. -Peter Hammarberg: Author of Sci-Fi Adventure novel *Antillia*

Feisty, funny, poignant, and random. In *Self Help to Self Harm*, Tosha Michelle takes a humorous, tongue-in-cheek look at life, love, and relationships, tempered by moments of serious introspection. From the author: This is not a self-help book. Sadly, this book won't get you laid, help you lose weight or cure your One Direction addiction. Okay, maybe, that's my addiction. SHH. I'm not an expert at anything unless you count tripping up the stairs, getting lost in my own head and devouring a box of Godiva chocolates in one sitting. Now that I have told you what this book is not. Let me tell you what I hope the book is. It supposed to be a humorous, tongue-in-cheek look at life, love, and relationships, tempered by moments of serious introspection. It's kind of random and chaotic like its author. Oh, and you should know, I kind of have a list fetish. Don't say I didn't warn ya.