



# Balancing the Scales

*Christine Khisa*

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# Balancing the Scales

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## **Balancing the Scales** Christine Khisa

The book is an anthology of poetry spanning twenty years experience of obstacles and challenges on the polarised continuum of recovery. The never ending journey is illustrated through poetry demonstrating high points in recovery, low points and when an equilibrium has been reached. The book gives an insight as to the emotions, feelings and expressions that have been suppressed as a consequence of becoming a service user, being 'other than', the acceptable norm. The poetry is written from a personal perspective, bearing in mind the experiences of other service users I have had the good fortune to meet.

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