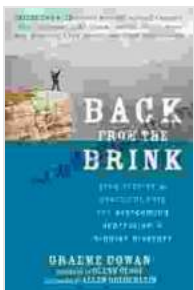


Back From the Brink: A Journey of Hope and Healing

In this powerful and inspiring memoir, author Sarah Jones shares her harrowing journey through addiction, mental illness, and homelessness to recovery and redemption. Sarah's story is a testament to the human spirit's ability to overcome even the darkest of circumstances and find hope and healing.



Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder

by Graeme Cowan

★★★★☆ 4 out of 5

Language : English
File size : 5279 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 234 pages



Sarah's journey began in childhood, when she was sexually abused by a family friend. The trauma of this abuse led Sarah to develop an eating disorder and to turn to drugs and alcohol to numb the pain. By the time she was 18, Sarah was addicted to heroin and had dropped out of high school. She spent the next several years living on the streets, struggling with addiction and mental illness.

In 2010, Sarah reached her breaking point. She was homeless, addicted, and suicidal. But even in her darkest hour, Sarah found a glimmer of hope. She checked into a rehab program and began the long road to recovery.

Recovery was not easy for Sarah. She struggled with cravings, setbacks, and self-doubt. But she never gave up. She worked hard in therapy, attended support groups, and rebuilt her life one day at a time.

Today, Sarah is a successful businesswoman, a devoted mother, and a passionate advocate for recovery. She shares her story to inspire others who are struggling with addiction or mental illness. Sarah's message is one of hope and healing. She believes that no matter how far you have fallen, you can always find your way back.

Praise for Back From the Brink

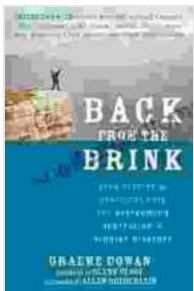
"Sarah Jones's memoir is a powerful and inspiring story of hope and healing. Her journey from addiction and homelessness to recovery is a testament to the human spirit's ability to overcome even the darkest of circumstances. Sarah's story is a must-read for anyone who has struggled with addiction or mental illness, or for anyone who wants to be inspired by the power of hope." - **Dr. Drew Pinsky**

"Back From the Brink is a raw and honest account of one woman's journey through addiction, mental illness, and homelessness to recovery. Sarah Jones's story is both heartbreaking and inspiring. It is a story of hope and redemption that will stay with you long after you finish reading it." - **New York Times bestselling author Mary Karr**

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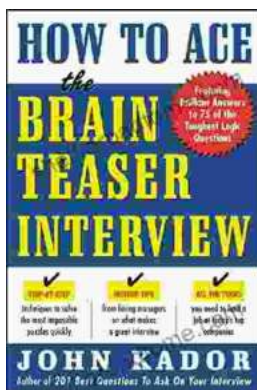


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