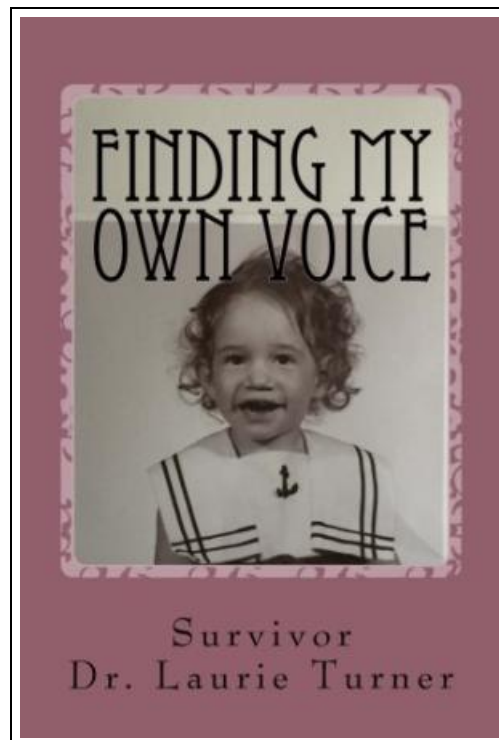


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FINDING MY OWN VOICE: A STORY OF ABUSE, ADDICTION, AND FREEDOM (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In more detail, Finding My Own Voice is a non-fiction story of abuse, addiction, and freedom. I am a survivor. I will be clean and sober for ten years tomorrow. I am a product of my upbringing just like millions of children today; but this book is about healing from the past and staying sober for another day. I told a story of how a young girl became her own nightmare, taking you from the brink of death to the struggles I had to endure in order to have a life based on acceptance and most importantly love. Putting down the bottle was easy compare to all the things I had to do in order to stay sober. I truly believe that drugs and alcohol are symptoms to some underlying condition. Mine was child abuse which was a horrible experience that later splintered in many different ways: functioning in society; pent up emotions and feelings; self will run wild; and the search for love. I wrote this book because I do not want to hide anymore. I want to help those who are still suffering from abuse or recovering from addiction; making connections. The physical, sexual, mental, and verbal abuse I endured affected every ounce of my life. The abuse held me hostage as it does for so many men and women. What is different about me is that I made it through my struggles with addiction and alcoholism and my on-going search for love and acceptance. I spent a life time running away from the pain and suffering I kept hidden inside myself. Freedom was the end result. Besides being an addict, I am also a wife, mother, even grandmother. I...



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