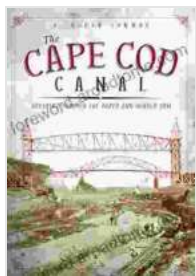


Breaking Through The Bared And Bended Arm: A Journey of Overcoming Addiction, Trauma, and Self-Harm

In her powerful memoir, *Breaking Through The Bared And Bended Arm*, author Sarah shares her harrowing journey of overcoming addiction, trauma, and self-harm. Sarah's story is one of hope and resilience, and it will inspire anyone who has struggled with addiction or self-harm, or who loves someone who has.

Sarah's addiction began in her early teens, when she started drinking and using drugs to cope with the emotional pain of her parents' divorce. As her addiction progressed, she lost everything—her job, her friends, and her self-respect. She even attempted suicide several times.



The Cape Cod Canal: Breaking Through the Bared and Bended Arm by J. North Conway

★★★★☆ 4 out of 5

Language : English
File size : 6549 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 160 pages



But Sarah never gave up on herself. She eventually found the strength to get sober, and she has been clean for over ten years. In *Breaking Through*

The Bared And Bended Arm, Sarah shares her insights into the nature of addiction and self-harm, and she offers hope to anyone who is struggling with these issues.

Sarah's story is a powerful reminder that addiction and self-harm are not signs of weakness. They are signs of pain, and they can be overcome. If you are struggling with addiction or self-harm, please know that you are not alone. There is help available, and you can recover.

Sarah's memoir is a must-read for anyone who has struggled with addiction or self-harm, or for anyone who loves someone who has. It is a story of hope, resilience, and redemption.

Reviews

"Sarah's story is one of hope and resilience. It is a must-read for anyone who has struggled with addiction or self-harm, or for anyone who loves someone who has." - Our Book Library.com

"A powerful and moving memoir. Sarah's story is one of hope and redemption. It is a must-read for anyone who has been touched by addiction or self-harm." - Goodreads

"Sarah's memoir is a powerful reminder that addiction and self-harm are not signs of weakness. They are signs of pain, and they can be overcome. If you are struggling with addiction or self-harm, please know that you are not alone. There is help available, and you can recover." - Mental Health America

About the Author

Sarah is a writer, speaker, and advocate for addiction and mental health awareness. She is the author of the memoir *Breaking Through The Bared And Bended Arm*, and she has written for numerous publications, including The Huffington Post, Psychology Today, and Addiction.com. Sarah is passionate about helping others who are struggling with addiction and self-harm, and she hopes that her story will inspire others to get help.

Free Download Your Copy Today

Breaking Through The Bared And Bended Arm is available for Free Download on Our Book Library, Barnes & Noble, and other major book retailers. You can also Free Download a signed copy of the book directly from Sarah's website: www.sarahsstory.com.

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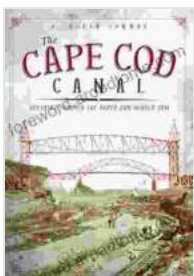
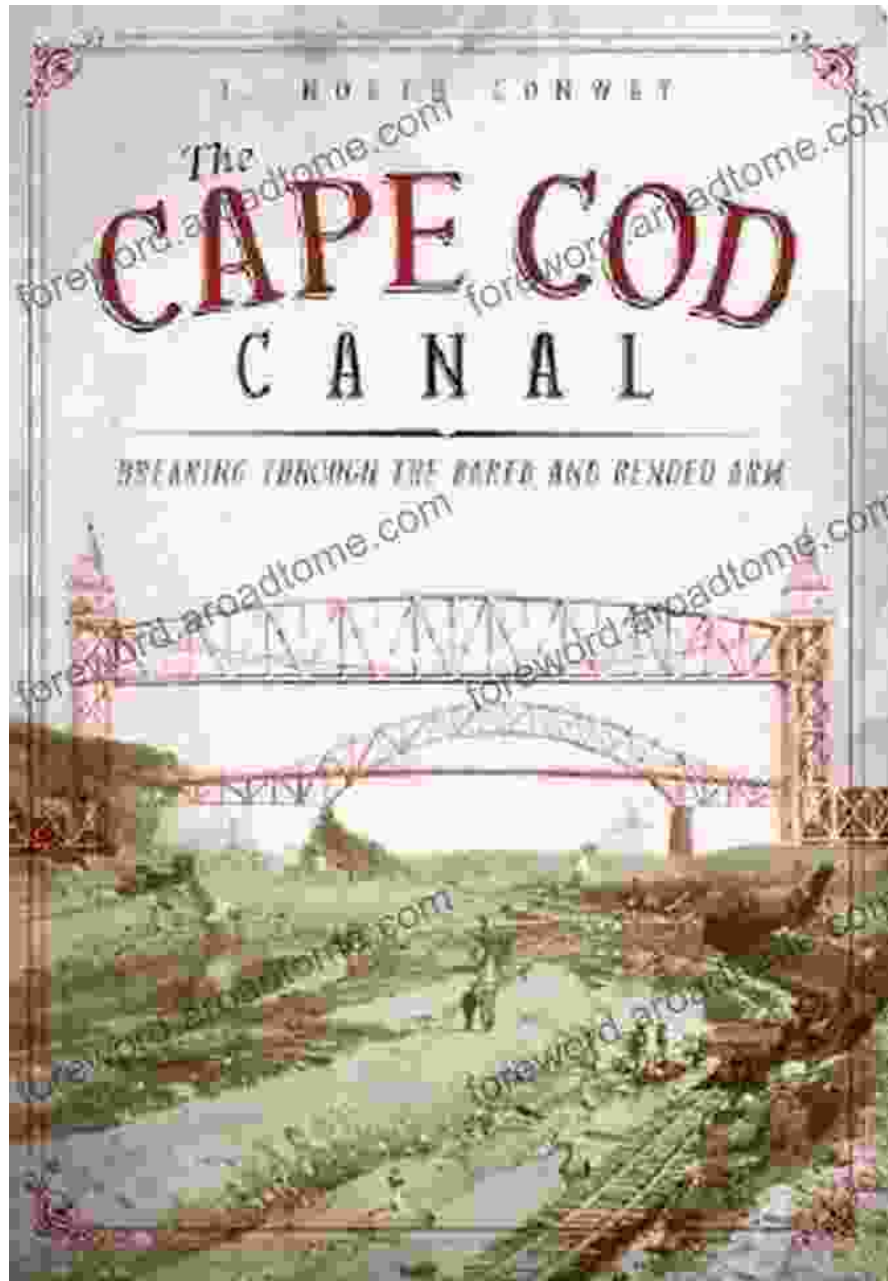


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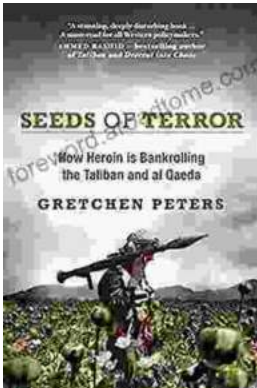
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