

# Twenty One: A Journey of Healing from Complex Post-Traumatic Stress Disorder



## Twenty-One My Personal Battle with and Eventual Healing of Complex Post-Traumatic Stress Disorder

by Elizabeth Birdfeather

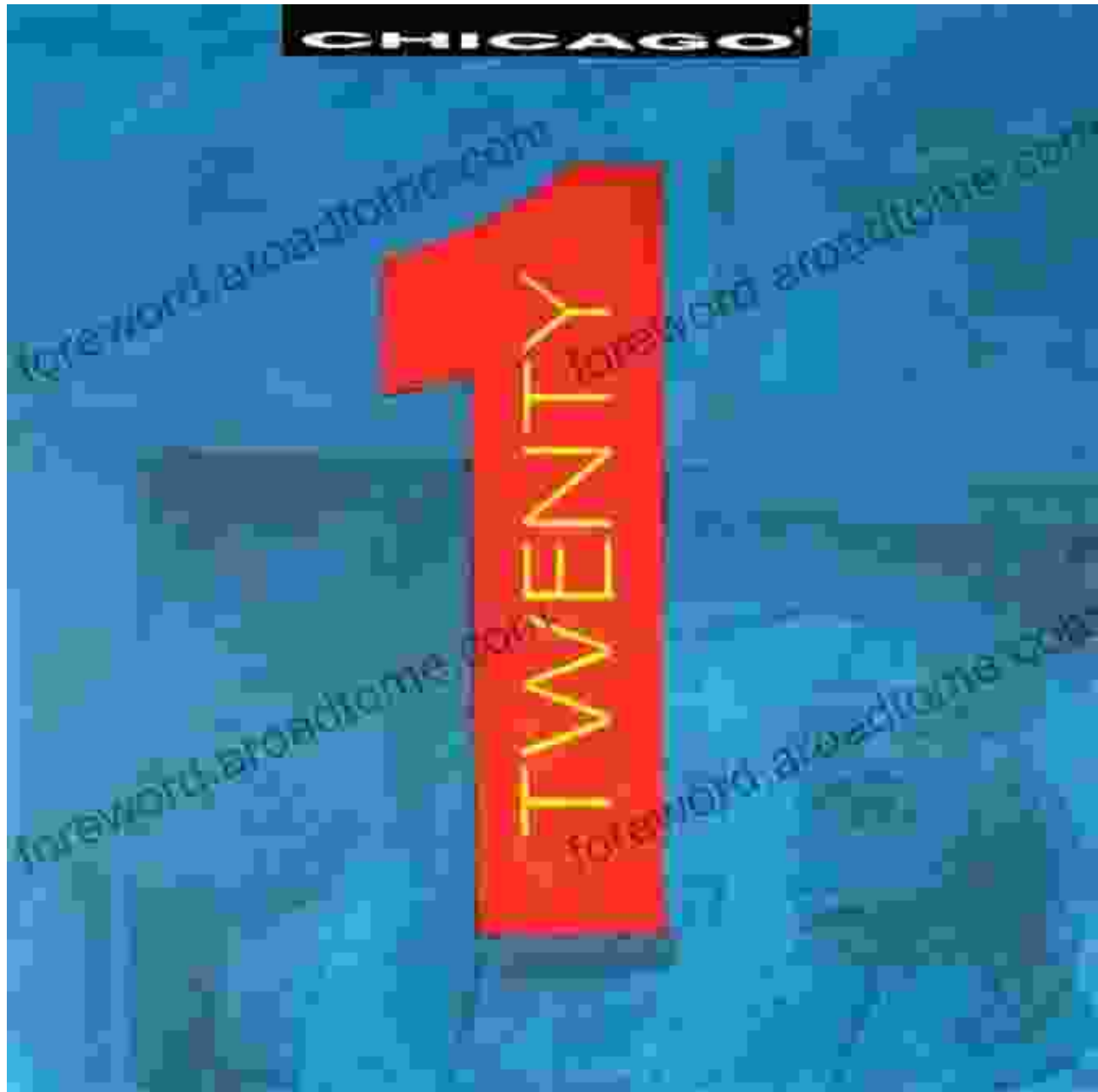
★★★★★ 5 out of 5

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Word Wise : Enabled  
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In the depths of her despair, author Sarah Johnson found herself lost in a labyrinth of mental and emotional turmoil. Diagnosed with complex post-traumatic stress disorder (CPTSD), she embarked on a harrowing journey to reclaim her life from the clutches of trauma.

In her raw and unflinching memoir, *Twenty One*, Johnson chronicles her struggles with CPTSD, a condition characterized by persistent emotional

dysregulation, flashbacks, nightmares, and a shattered sense of self. Through her poignant and deeply personal narrative, she invites readers into the innermost sanctum of her mind, offering an intimate glimpse into the complexities of trauma and the arduous path to healing.

As Johnson delves into her past, she uncovers the roots of her trauma, tracing it back to a childhood marked by abuse, neglect, and emotional deprivation. With unflinching honesty, she lays bare the devastating impact of trauma on her psyche, leaving readers with a profound understanding of its insidious and far-reaching effects.

Throughout her journey, Johnson encounters both setbacks and triumphs, moments of despair and profound breakthroughs. She explores the transformative power of therapy, the solace she finds in nature, and the unwavering support of loved ones. Through it all, she never gives up on herself, demonstrating resilience and determination in the face of adversity.

With each chapter, Johnson's writing weaves a tapestry of emotions, from the depths of despair to the glimmer of hope. She shares her fears, her doubts, and her hard-won victories, creating a deeply relatable and empowering narrative for anyone who has ever grappled with the aftermath of trauma.

As Johnson's journey unfolds, she discovers that healing from CPTSD is not a linear process. It is a winding road, strewn with obstacles and unexpected detours. There are moments of relapse, setbacks, and periods of stagnation. But through it all, Johnson never loses sight of her goal: to reclaim her life and find peace within herself.

In the end, *Twenty One* is a testament to the indomitable spirit of the human soul. It is a story of survival, resilience, and the transformative power of hope. Through Johnson's raw and deeply moving account, readers will find solace, understanding, and inspiration on their own journeys of healing.

### **Praise for *Twenty One*:**



***“A powerful and deeply moving memoir that sheds light on the complexities of CPTSD and the arduous journey toward healing. Johnson's writing is both raw and compassionate, offering a lifeline of hope to anyone who has ever grappled with the aftermath of trauma.”***

***- Dr. Bessel van der Kolk, author of *The Body Keeps the Score*”***



***“Sarah Johnson's memoir is a compelling and deeply personal account of her struggles with CPTSD. Her raw and unflinching honesty is both heartbreaking and inspiring, providing invaluable insight into the devastating impact of trauma and the transformative power of healing.”***

***- Lori Gottlieb, author of *Maybe You Should Talk to Someone*”***



***“Twenty One is a must-read for anyone who has ever been touched by trauma. Johnson's writing is lyrical and deeply***

***moving, capturing the complexities of CPTSD with both heart-wrenching honesty and a profound glimmer of hope."***  
***- Glennon Doyle, author of Untamed and Love Warrior"***

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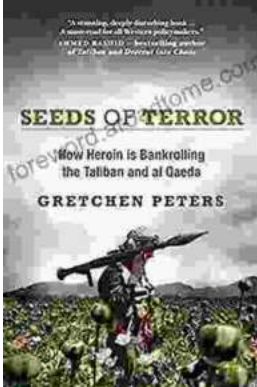
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