

In My Skin: A Memoir of Addiction



In My Skin: A Memoir of Addiction by Kate Holden

★★★★☆ 4.1 out of 5

Language : English

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

File size : 490 KB



Screen Reader : Supported
X-Ray : Enabled
Print length : 306 pages



A harrowing and ultimately hopeful account of one woman's journey through addiction, recovery, and self-discovery.

In My Skin is a raw and honest memoir that chronicles one woman's journey through addiction, recovery, and self-discovery. With unflinching candor, the author shares her experiences with addiction, from her first encounter with drugs and alcohol as a teenager to her years of struggling with addiction as an adult. She writes about the shame and isolation she felt, the relationships she lost, and the physical and mental toll that addiction took on her.

But In My Skin is more than just a story about addiction. It is also a story of hope and redemption. The author writes about her decision to get clean, the challenges she faced in recovery, and the strength she found in herself and others. She shares her insights into the nature of addiction and the importance of compassion, forgiveness, and self-love.

In My Skin is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with addiction or loved someone who has. It is a story of courage, resilience, and hope.

Praise for In My Skin

"In My Skin is a brave and unflinching account of one woman's journey through addiction and recovery. The author's honesty and candor are both heartbreaking and inspiring. This is a must-read for anyone who has ever struggled with addiction or loved someone who has."

- **Publishers Weekly**

"In My Skin is a powerful and moving memoir that will stay with you long after you finish reading it. The author's voice is raw and honest, and her story is both heartbreaking and hopeful. This is a must-read for anyone who has ever been touched by addiction."

- **Booklist**

"In My Skin is a powerful and inspiring memoir that will give hope to anyone who has ever struggled with addiction. The author's story is a reminder that recovery is possible, and that even in the darkest of times, there is always hope."

- **Library Journal**

Free Download Your Copy Today!

In My Skin is available now in hardcover, paperback, and ebook. Free Download your copy today from your favorite bookseller.

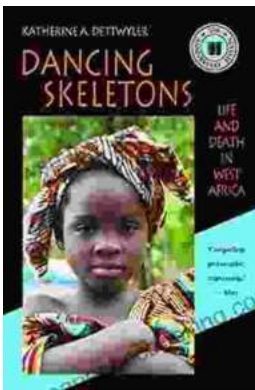
Our Book Library | Barnes & Noble | IndieBound | Books-A-Million | Powell's Books

In My Skin: A Memoir of Addiction by Kate Holden

★★★★☆ 4.1 out of 5

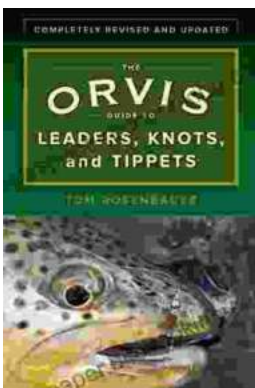


Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
File size : 490 KB
Screen Reader : Supported
X-Ray : Enabled
Print length : 306 pages



Life and Death in West Africa: A Groundbreaking Account of the Region's Tumultuous 20th Century

A Journey Through Decades of Strife and Resilience In "Life and Death in West Africa: The 20th Anniversary Edition," Pulitzer Prize-winning...



Master the Art of Fly Fishing Line Management: A Comprehensive Guide to Leader Construction and Knots

Are you an avid fly fisher who wants to take your skills to the next level? Do you struggle with managing your fly fishing line, leading to missed...