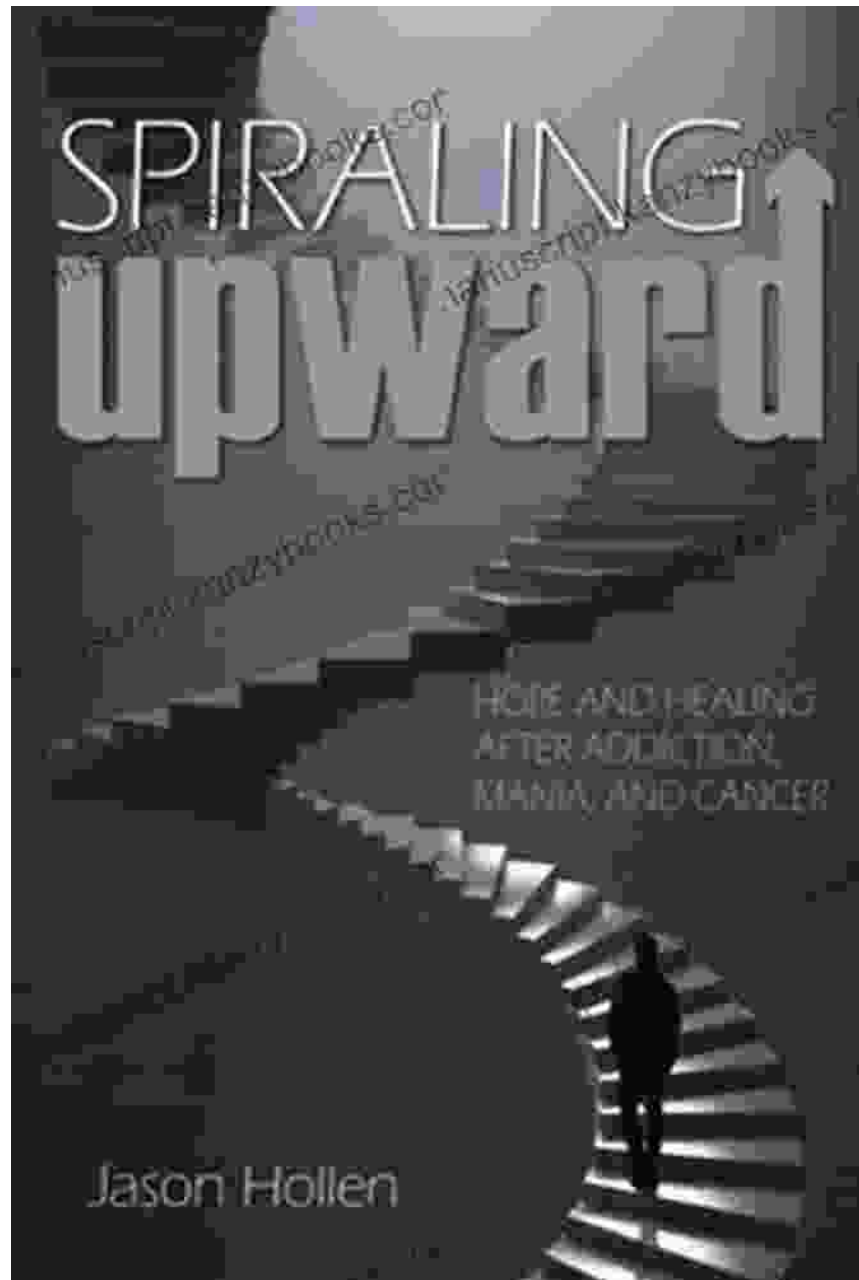


Hope and Healing After Addiction, Mania, and Cancer



Spiraling Upward : HOPE AND HEALING AFTER ADDICTION, MANIA, AND CANCER by Jason Hollen

★★★★★ 5 out of 5

Language : English



File size	: 1778 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 169 pages
Lending	: Enabled



In this powerful and inspiring memoir, author shares her incredible journey of overcoming addiction, mania, and cancer. With raw honesty and unflinching courage, she recounts her struggles with these debilitating conditions and the transformative healing that she found through therapy, support groups, and her own unwavering determination.

Her story begins with her childhood, marked by trauma and neglect. As a young adult, she turned to drugs and alcohol to escape her pain. Her addiction quickly spiraled out of control, leading to homelessness and a series of failed relationships.

In the midst of her addiction, she was also diagnosed with bipolar disorder. The manic episodes were particularly devastating, causing her to make impulsive decisions and engage in risky behaviors. She was hospitalized multiple times and lost countless jobs.

Just as she was beginning to rebuild her life, she was diagnosed with breast cancer. This new challenge seemed almost unbearable, but she refused to give up hope. She underwent surgery, chemotherapy, and radiation, all while continuing to work her recovery program.

Through therapy, she learned to cope with her emotions and develop healthy coping mechanisms. She also found strength and support in support groups, where she connected with others who understood her struggles.

With unwavering determination, she faced each challenge head-on. She rebuilt her life, one day at a time. She found a stable job, a loving relationship, and a renewed sense of purpose.

Her story is a testament to the power of hope and healing. It is a reminder that even in the darkest of times, it is possible to find recovery and rediscover joy.

In this book, she shares her hard-earned wisdom and offers guidance to others on their own journeys of recovery and healing. She provides practical advice on:

* Breaking the cycle of addiction * Managing bipolar disorder * Coping with cancer treatment * Building a support network * Finding hope in the midst of despair

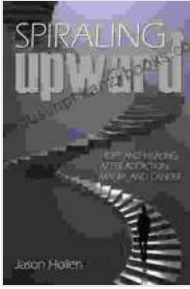
Her story is a beacon of hope for anyone struggling with addiction, mental illness, or chronic illness. It is a reminder that recovery is possible, and that with the right support and determination, it is possible to heal from even the most devastating experiences.

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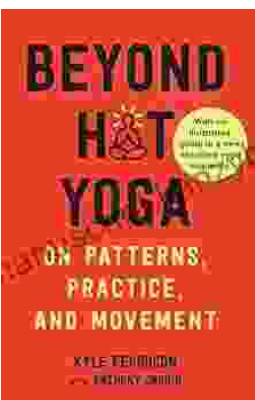


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