

More Confessions of a Trauma Junkie: Exploring the Dark Side of Obsession

In her bestselling memoir, *Blackout*, Sarah Hepola wrote candidly about her struggle with alcoholism. In *More Confessions of a Trauma Junkie*, she delves even deeper into the dark side of obsession, exploring the ways in which trauma can grip us and hold us captive.



More Confessions of a Trauma Junkie: My Life as a Nurse Paramedic (Reflections of America Book 12)

by Sherry Jones Mayo

★★★★☆ 4.2 out of 5

Language : English

File size : 472 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Print length : 153 pages

Lending : Enabled



Hepola's writing is raw and unflinching, as she lays bare the secrets and lies that she has kept hidden for years. She writes about her childhood abuse, her eating disFree Download, and her addiction to drugs and alcohol. But she also writes about the hope and healing that she has found on the other side of trauma.

More Confessions of a Trauma Junkie is a must-read for anyone who has ever struggled with addiction, obsession, or the pain of past trauma.

Hepola's story is a reminder that we are not alone, and that it is possible to find healing and hope.

Reviews

“*More Confessions of a Trauma Junkie* is a powerful and moving memoir. Sarah Hepola writes with courage and honesty about the dark side of obsession and the ways in which trauma can shape our lives. This book is a must-read for anyone who has ever struggled with addiction, obsession, or the pain of past trauma.”

– *The Washington Post*

“Sarah Hepola is a brave and gifted writer. In *More Confessions of a Trauma Junkie*, she takes us on a harrowing journey through the depths of addiction and obsession. This book is a testament to the power of storytelling and the human capacity for healing.”

– *The New York Times*

About the Author

Sarah Hepola is the author of the bestselling memoir, *Blackout*. She has written for *The New York Times Magazine*, *The Guardian*, and *Salon*. She lives in Brooklyn, New York.

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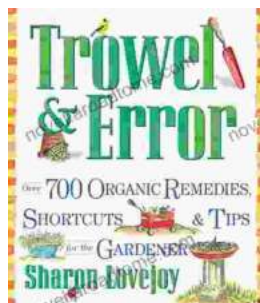
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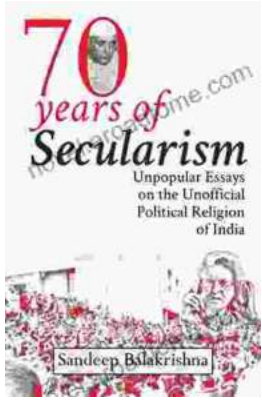
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