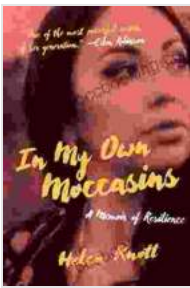


In My Own Moccasins: A Journey of Self-Discovery and Healing

In My Own Moccasins is a powerful and inspiring memoir that chronicles the author's journey of self-discovery and healing after surviving a traumatic childhood. Through raw and honest storytelling, the author shares her experiences of abuse, addiction, and mental illness, and how she found the strength to overcome her challenges and reclaim her life.



In My Own Moccasins: A Memoir of Resilience (The Regina Collection) by Vicki Rozema

★★★★☆ 4.7 out of 5

Language	: English
File size	: 329 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 208 pages
Lending	: Enabled



The author's story is one of resilience, hope, and triumph. She was raised in a dysfunctional home, where she was subjected to physical, emotional, and sexual abuse. As a result, she developed complex PTSD, addiction, and depression. For years, she struggled to cope with her past and to find her place in the world.

But the author never gave up on herself. She sought therapy, joined support groups, and began to work on healing her wounds. Slowly but surely, she began to rebuild her life. She found a new sense of purpose, and she began to share her story with others in the hope of inspiring them to heal their own wounds.

In My Own Moccasins is a must-read for anyone who has ever struggled with trauma, addiction, or mental health issues. It is a story of hope, resilience, and triumph. It is a story that will inspire you to believe that you can overcome your challenges and reclaim your life.

About the Author

The author is a survivor of childhood abuse, addiction, and mental illness. She is a graduate of the University of California, Berkeley, and she holds a master's degree in social work from the University of Southern California. She is a licensed clinical social worker and a certified addiction counselor. She has worked in the field of addiction and mental health for over 10 years.

The author is passionate about helping others to heal from trauma and addiction. She is a sought-after speaker and trainer, and she has presented her work at national and international conferences. She is also the founder of a non-profit organization that provides support and resources to survivors of trauma and addiction.

Endorsements

"*In My Own Moccasins* is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with trauma, addiction, or mental health issues. The author's story is one of resilience, hope, and triumph. It

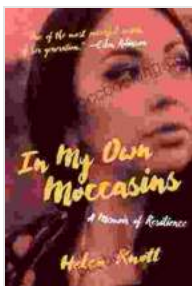
is a story that will inspire you to believe that you can overcome your challenges and reclaim your life." - **Dr. Gabor Maté, author of In the Realm of Hungry Ghosts: Close Encounters with Addiction**

"In My Own Moccasins is a beautifully written and deeply moving memoir. The author's story is a testament to the power of the human spirit. It is a story of hope, healing, and redemption. I highly recommend this book to anyone who is looking for inspiration or who is struggling with trauma, addiction, or mental health issues." - **Dr. Bessel van der Kolk, author of The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**

"In My Own Moccasins is a powerful and important book. The author's story is a reminder that we are all capable of overcoming adversity and achieving our dreams. This book is a must-read for anyone who is looking for hope and inspiration." - **Marianne Williamson, author of A Return to Love**

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In My Own Moccasins is available in paperback, hardcover, and e-book formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookstore.



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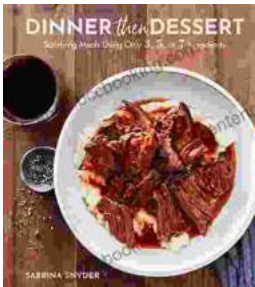
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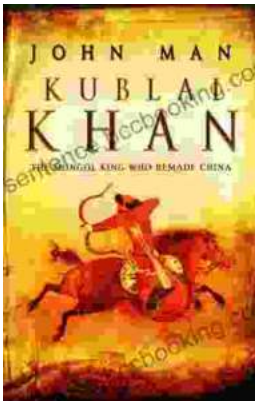
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