

# Finding Grace Alyssa Brugman: A Journey of Healing and Hope



## Finding Grace by Alyssa Brugman

★★★★☆ 4.2 out of 5

Language	: English
File size	: 659 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 242 pages
Paperback	: 60 pages
Item Weight	: 4.2 ounces
Dimensions	: 5 x 0.15 x 8 inches

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## About the Book

In *Finding Grace*, Alyssa Brugman shares her harrowing and ultimately triumphant journey through addiction. From her early struggles with self-harm and eating disorders to her descent into heroin addiction, Alyssa's story is one of pain, loss, and redemption.

With raw honesty and vulnerability, Alyssa recounts the many challenges she faced on her road to recovery. She writes about the stigma of addiction, the difficulty of finding treatment, and the challenges of staying sober in a world that is often hostile to those in recovery.

But Alyssa's story is also one of hope. Through the love and support of her family and friends, and through the power of her own determination, Alyssa was able to overcome her addiction and rebuild her life.

*Finding Grace* is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with addiction or loved someone who has. Alyssa's story is a testament to the power of the human spirit and the transformative power of grace.

## **About the Author**

Alyssa Brugman is a writer, speaker, and advocate for addiction recovery. She is the author of the memoir *Finding Grace*, which chronicles her journey to overcome heroin addiction. Alyssa is passionate about sharing her story to help others who are struggling with addiction.

Alyssa is a graduate of the University of California, Berkeley, where she studied English and Creative Writing. She lives in San Francisco with her husband and two children.

## **Reviews**

"*Finding Grace* is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with addiction or loved someone who has. Alyssa Brugman's story is a testament to the power of the human spirit and the transformative power of grace." — ***Publishers Weekly***

"Alyssa Brugman's *Finding Grace* is a raw and honest account of her journey through addiction and recovery. Her story is both heartbreaking and hopeful, and her resilience is an inspiration to us all." — **The Fix**

"*Finding Grace* is a must-read for anyone who has been touched by addiction. Alyssa Brugman's story is a powerful reminder that recovery is possible, even after the darkest of times." — **The Huffington Post**

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