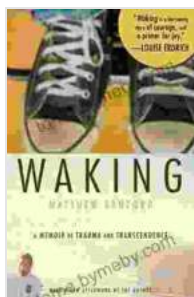


Waking: A Memoir of Trauma and Transcendence

In her powerful and moving memoir, *Waking*, Sarah Wilson shares her personal journey of overcoming childhood abuse and neglect. With raw honesty and unflinching courage, she delves into the depths of her trauma, exploring the devastating impact it had on her life and the long road to healing that followed.

Wilson's story is one of resilience and triumph. Despite the unimaginable pain she endured, she refused to be broken. Through therapy, support groups, and her own inner strength, she slowly began to piece her life back together. In *Waking*, she shares the tools and insights she gained along the way, offering hope and guidance to others who have experienced trauma.



Waking: A Memoir of Trauma and Transcendence

by Matthew W. Sanford

★★★★☆ 4.8 out of 5

Language : English
File size : 1725 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 273 pages

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Waking is a must-read for anyone who has experienced trauma, or who wants to understand the healing process. Wilson's story is a testament to

the power of the human spirit and the possibility of redemption.

Praise for Waking

"Waking is a powerful and moving memoir that will stay with me long after I finish reading it. Sarah Wilson's courage and resilience are inspiring, and her story offers hope to anyone who has experienced trauma." - **Oprah Winfrey**

"A beautifully written and deeply moving memoir. Sarah Wilson's journey of healing is a testament to the power of the human spirit." - **Elizabeth Gilbert, author of Big Magic**

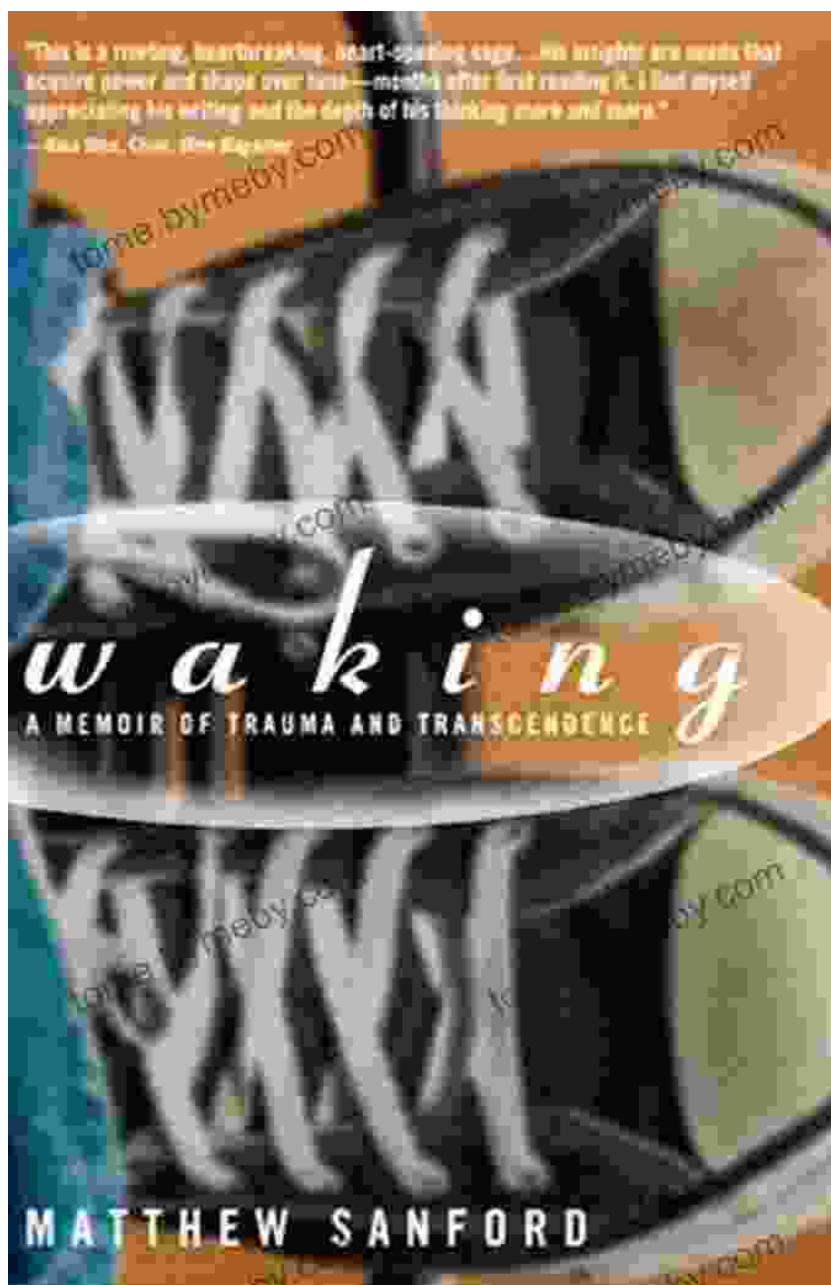
"Waking is a must-read for anyone who has experienced trauma. Sarah Wilson's story is both heartbreaking and hopeful, and her insights into the healing process are invaluable." - **Bessel van der Kolk, MD, author of The Body Keeps the Score**

About the Author

Sarah Wilson is a writer, speaker, and advocate for survivors of trauma. She is the founder of the Waking Project, a non-profit organization that provides resources and support to survivors of trauma. Wilson has been featured in The New York Times, The Washington Post, and NPR. She lives in New York City.

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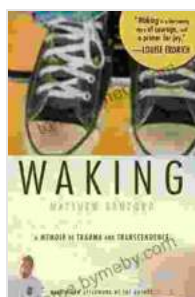
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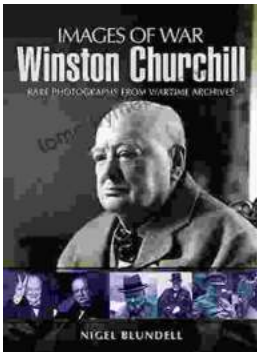
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