

Jennifer Storm

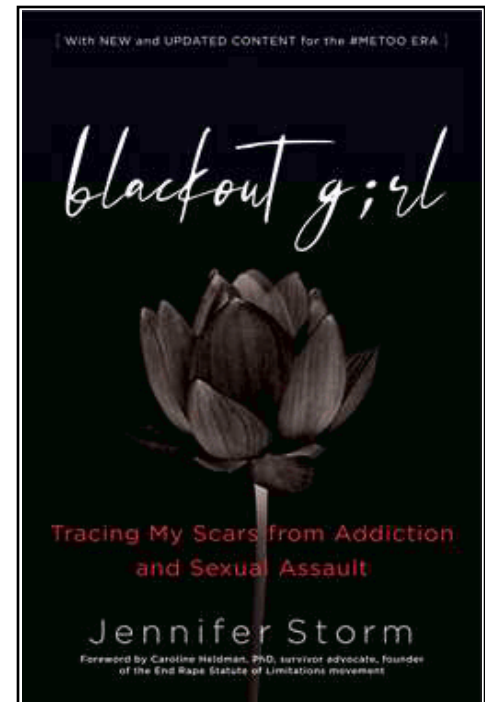
Blackout Girl

Tracing My Scars from Addiction and Sexual Assault; With New and Updated Content for the #MeToo Era

In this brutally honest and compelling memoir, Jennifer Storm revisits the trauma of her childhood rape and ensuing addiction and how she channeled her pain into a healing life of advocacy.

Sexual assault, addiction, and other traumatic experiences can leave both physical and emotional scars. For Jennifer Storm, these scars serve as a reminder--both of the darkness and suffering she once experienced, and of how far she has come. When she was first assaulted at age twelve, Jennifer turned to alcohol to dull the emotional pain. After a string of childhood traumas, she fell into crack use and self-harm. Once Jennifer finally found treatment after surviving the last of multiple suicide attempts, she discovered that it was possible to heal her shame. She could start to recover by uncovering the secrets she had kept hidden for years. *Blackout Girl* is the heartbreaking, enlightening, and inspiring story of Jennifer's narrow escape from her own self-destructive instincts when all of the odds, and systems, were stacked against her.

Since *Blackout Girl* was first published in 2008, Jennifer has seen the #MeToo and Times Up movements empower countless brave survivors to reveal the truth of their experiences. Yet, our society is only just beginning to truly understand and support victims and recognize the importance of trauma-informed care. Now more relevant than ever, Jennifer's story and professional insights expose the societal failures these victims have endured, and how we can all help each other heal. If you are still experiencing or recovering from victimization, Jennifer's story shows you are not alone. For those struggling to understand a loved one's experience of addiction and trauma, Jennifer's recovery provides hope. Now including even more details of Jennifer's experiences and new insights on what she has learned in the past decade, this second edition of *Blackout Girl* is a must-read both for those looking to learn about the personal effects of widespread sexual assault and addiction and for those who already hold these issues dear.



PAPERBACK

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Jennifer Storm is the Victim Advocate for the Commonwealth of Pennsylvania and resides in Camp Hill, Pennsylvania, with her wife, Fianne, and their adopted son, Victor. Jennifer has worked on many high-profile cases including helping victims of Jerry Sandusky, Bill Cosby, and clergy of the Catholic Church. She serves as a content expert on victims' rights in the media, with frequent appearances on all major networks, and tours the country sharing her experiences. In addition to *Blackout Girl*, Jennifer is the author of *Leave the Light On: A Memoir of Recovery and Self-Discovery*, *Picking Up the Pieces without Picking Up: A Guidebook through Victimization for People in Recovery*, and *Echoes of Penn State: Facing Sexual Trauma*. She is also working on a documentary based on *Blackout Girl* to help raise awareness of the cycle of addiction, victimization, and trauma.

Beverly Conyers

Follow Your Light

A Guided Journal to Recover from Anything; 52 Mindfulness Activities to Explore, Heal, and Grow

This first-of-its-kind guided journal from critically acclaimed author Beverly Conyers shows us how the practice of mindfulness can be a transformational addition to recovery from anything and everything.

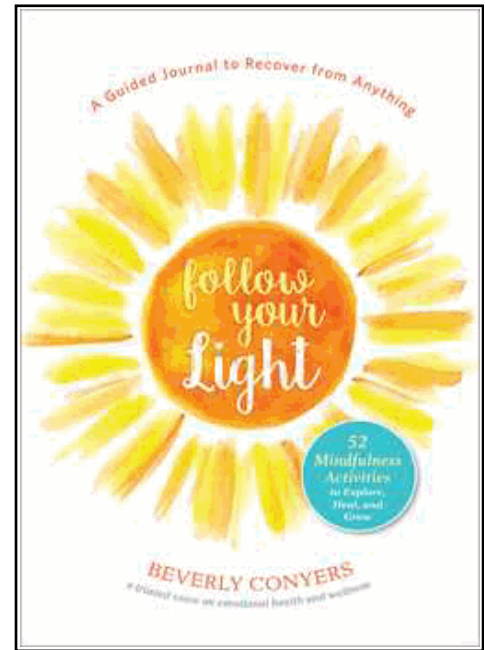
Throughout our recovery journey, we sometimes feel stuck. At times, we wonder, How do we create the breakthroughs we want? With this practical follow-up to her book *Find Your Light: Practicing Mindfulness to Recover from Anything*, Conyers has crafted fifty-two activities to engage readers on their path to wellness, healing, and wholeness.

Organized into eight distinct topics, each exploring themes that are key to an effective mindfulness practice, the exercises, meditations, and reflections in this action-oriented mindfulness book were carefully and beautifully designed to set us on a path forward. Work at your own pace, or spend time each week with this journal. Whether we follow the Twelve Steps or not, these practices can help recoveries from unhealthy relationships, addictions of all types, compulsive habits, anxiety and stress, workaholism, disordered eating, or mental health and emotional challenges.

Discover why Beverly Conyers' books have been a mainstay for support groups the world over and why so many have turned to her insights on family roles in addiction, healing shame, building healthy relationships, establishing boundaries, releasing trauma, focusing on emotional sobriety, as well as acknowledging self-sabotaging behaviors, addictive tendencies, and substance use patterns. As the author of the recovery classic *Addict in the Family*, she has inspired hope and healing in a way few others have managed to match.

Beverly Conyers, MA, is a writer and college English teacher who lives in New England. She is the critically acclaimed author of *Addict in the Family*, *Everything Changes*, and *The Recovering Heart*.

David Sheff, bestselling author of *Beautiful Boy*, wrote of Conyers' first book: "When my eldest son became addicted to crystal meth and heroin, I could barely function. I would not have survived without Beverly Conyers' *Addict in the Family*, which provided guidance and hope. I realized I wasn't alone on my hellish journey. The book helped me get through interminable nights when I was terrified that his addiction would take his life. It offered a path to healing."



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Barbara Theodosiou

Living Without Shame

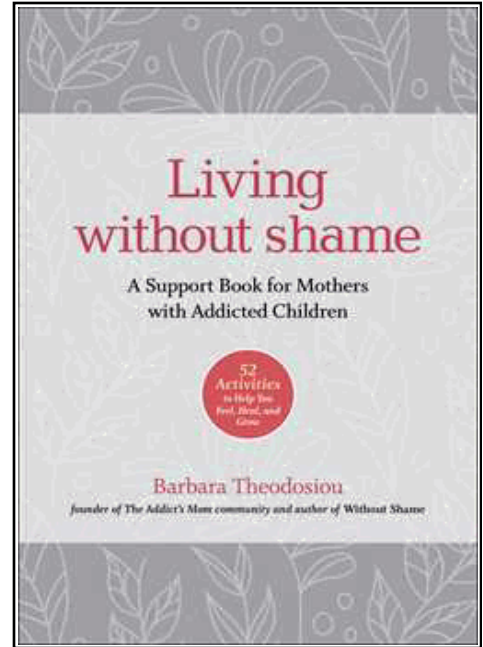
A Support Book for Mothers with Addicted Children: 52 Activities to Help You Feel, Heal, and Grow

Living Without Shame is the follow-up support book to Barbara Theodosiou's family account of addiction, *Without Shame*. She knows all too well the depths of addiction, losing her precious son Daniel to its destruction. Recipient of a White House Champion of Change award, Barbara continues to help other mothers of addicted children with this interactive mindfulness journal for moms.

Founder of The Addict's Mom and sister to tens of thousands of fellow mothers of children with addictions, Barbara Theodosiou renews her pledge to help her peers. *Living Without Shame* is anchored in her main spiritual principle of healing: to process, grieve, and move forward from addiction, mothers of addicted children must look inward and live outward, without shame.

Nestled inside an affirming and comforting aesthetic, this guided journal's fifty-two weekly activities help any mother to focus on herself. It may feel unnatural at first, because a mother's primary concern is always her child. But it's vital that a mother look after herself too, and this healing journal is designed for just that. This journal isn't for a child: not for finding him help or for saving him. It's entirely for moms to find their way home to their *own* happiness.

Barbara Theodosiou is a mother, activist, and the founder of The Addict's Mom, an online community where tens of thousands of mothers with addicted children can "Share Without Shame." Barbara has been widely recognized for her work as a family recovery advocate, including the receipt of a White House Champion of Change award in 2016.



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Barbara Theodosiou

Without Shame

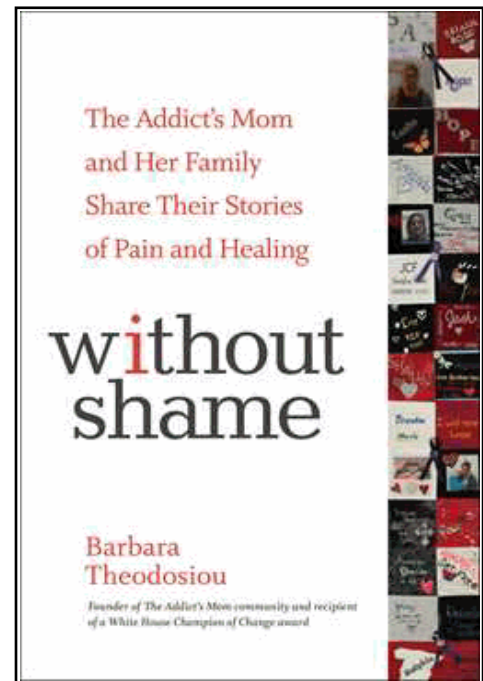
The Addict's Mom and Her Family Share Their Stories of Pain and Healing

Barbara Theodosiou and her family reveal the pain, loss, and connection that emerge from addiction, trauma, codependency, and recovery in this unique view into the heart of a national crisis.

The ringing phone startles Barbara during another sleepless night. She knows it must be Daniel, her big-hearted, intelligent son who has spent years cycling through hospitals, jails, and treatment centers. Although Daniel's childhood struggles started much earlier, he was sixteen when Barbara discovered he was horribly addicted to DXM, the drug found in many over-the-counter cough medicines. After picking up the pieces from one more of her son's relapses, Barbara seeks support in the online refuge she created when she had nowhere else to turn: The Addict's Mom. There, she can "Share Without Shame" with others who understand. These other mothers know that it can become normal to hope your son will be locked up so he isn't sleeping on the street. These other moms understand how it feels to realize you have not just one addicted child but two--Barbara discovered her oldest son Peter's addiction just six months after Daniel's. And when that happens, sometimes all a mother can do is try to save herself.

But this isn't just a mother's story. *Without Shame* encompasses Daniel's own poetry and prose, Peter's story of healing against all odds, their sister Nicole's story of balancing compassion and independence, and other often unheard voices. This multifaceted story reveals what it truly means to describe addiction as a family disease.

Barbara Theodosiou is a mother, activist, and the founder of The Addict's Mom, an online community where tens of thousands of mothers with addicted children can "Share Without Shame." Barbara has been widely recognized for her work as a family recovery advocate, including the receipt of a White House Champion of Change award in 2016.



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