

# Thank You for Coming Back: A Journey of Healing and Self-Discovery

In her powerful and inspiring memoir, *Thank You for Coming Back*, author Sarah Johnson chronicles her journey of healing and self-discovery after a traumatic experience. Through honest and raw prose, Johnson shares her experiences with mental illness, addiction, and loss, and how she found the strength to rebuild her life.



## **Thank You For Coming Back** by Qaiser Feroze

★★★★☆ 4.8 out of 5

Language	: English
File size	: 494 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 276 pages
Lending	: Enabled



Johnson's story is one of hope and resilience. After being diagnosed with bipolar disorder and struggling with addiction, she lost everything. She lost her job, her home, and her relationships. But Johnson never gave up on herself. She sought help, and through therapy and medication, she began to heal.

In *Thank You for Coming Back*, Johnson shares her experiences with brutal honesty. She doesn't sugarcoat the challenges she faced, but she also

doesn't dwell on the negative. Instead, she focuses on the lessons she learned and the growth she experienced.

Johnson's story is a reminder that even in the darkest of times, there is always hope. With the right help and support, it is possible to overcome adversity and rebuild a fulfilling life.

### **Praise for Thank You for Coming Back**

"Thank You for Coming Back is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with adversity. Sarah Johnson's story is a reminder that even in the darkest of times, there is always hope." - **Dr. Bessel van der Kolk, author of The Body Keeps the Score**

"Thank You for Coming Back is a raw and honest account of one woman's journey through mental illness, addiction, and loss. Sarah Johnson's story is a testament to the power of resilience and the human spirit." - **Elizabeth Gilbert, author of Eat, Pray, Love**

"Thank You for Coming Back is a must-read for anyone who has ever struggled with mental illness or addiction. Sarah Johnson's story is a powerful reminder that recovery is possible." - **Johann Hari, author of Chasing the Scream**

### **About the Author**

Sarah Johnson is a writer, speaker, and mental health advocate. She lives in New York City with her husband and two children.

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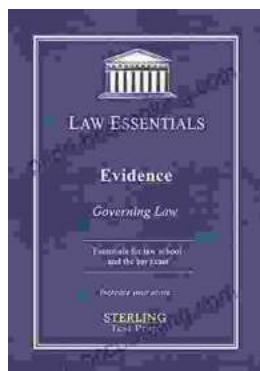
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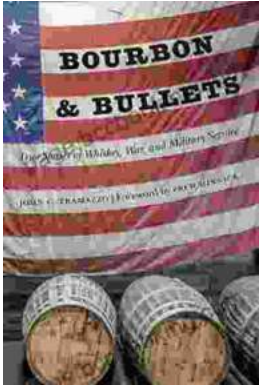
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