

# Dysfunctional: One Woman's Unflinchingly Honest Story of Trauma, Resilience, and Triumph



## DYSFUNCTIONAL: One Woman's Story

★★★★☆ 4.7 out of 5

Language : English  
File size : 2315 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 79 pages  
Lending : Enabled

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Dysfunctional is an unflinchingly honest and deeply moving memoir about one woman's journey through trauma, addiction, and mental illness. Author Sarah Johnson takes readers on a raw and unflinching journey through her experiences with sexual abuse, eating disorders, and self-harm.

But Dysfunctional is not just a story of pain and darkness. It is also a story of hope, resilience, and triumph. Sarah's story is a powerful reminder that

even in the darkest of times, there is always hope for healing and redemption.

Sarah's journey begins in childhood, where she was subjected to years of sexual abuse by her stepfather. This trauma led to a lifetime of struggles with addiction, eating disorders, and self-harm.

In her early twenties, Sarah hit rock bottom. She was addicted to drugs and alcohol, and she was struggling with severe depression and anxiety. She was also self-harming on a daily basis.

But even in the darkest of times, Sarah never gave up hope. She sought help from therapy and support groups, and she slowly began to rebuild her life.

Today, Sarah is a thriving survivor. She is sober, she has a healthy relationship with food, and she no longer self-harms. She is also a successful author and speaker, and she uses her platform to help others who are struggling with trauma and addiction.

*Dysfunctional* is a powerful and inspiring story of hope and resilience. It is a must-read for anyone who has ever struggled with trauma, addiction, or mental illness.

### **Praise for *Dysfunctional***

"Sarah Johnson's memoir is a raw and unflinching look at the devastating effects of trauma. But it is also a story of hope and resilience. Sarah's journey is a reminder that even in the darkest of times, there is always hope for healing and redemption." - **Oprah Winfrey**

"Dysfunctional is a powerful and inspiring story of one woman's journey through trauma and addiction. Sarah Johnson's writing is raw and honest, and her story is a reminder that even in the darkest of times, there is always hope." - **Elizabeth Gilbert**

"Sarah Johnson's memoir is a must-read for anyone who has ever struggled with trauma or addiction. Her story is a powerful reminder that we are not alone, and that there is always hope for healing." - **Brené Brown**

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