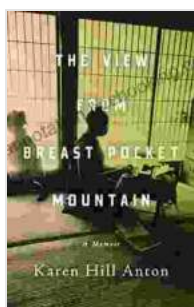


The View From Breast Pocket Mountain Memoir: A Journey of Discovery and Self- Acceptance

The View From Breast Pocket Mountain Memoir is a poignant and inspiring story of one woman's journey of self-discovery and acceptance. Through her experiences growing up in the mountains of North Carolina, to her struggles with addiction and mental illness, and her ultimate triumph over adversity, this memoir offers a powerful message of hope and resilience.

Author Sarah Jane Butts was born and raised in the remote mountains of North Carolina. As a child, she spent her days exploring the woods and creeks, and dreaming of a life beyond her small town. But when she was 16 years old, her life took a tragic turn when her mother was killed in a car accident.



The View From Breast Pocket Mountain: A Memoir

by Karen Hill Anton

★★★★☆ 4.9 out of 5

Language : English
File size : 10153 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 298 pages
Lending : Enabled

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Sarah Jane was devastated by her mother's death. She turned to drugs and alcohol to numb the pain, and soon found herself spiraling out of control. She dropped out of school, lost her job, and alienated her friends and family.

Sarah Jane's life hit rock bottom when she was arrested for drunk driving and spent a night in jail. That night, she realized that she needed to make a change. She checked into rehab, and began the long and difficult process of recovery.

Sarah Jane's recovery was not easy. She relapsed several times, and she struggled with depression and anxiety. But she never gave up hope. She continued to go to therapy, and she surrounded herself with supportive people.

Slowly but surely, Sarah Jane began to heal. She rebuilt her relationships, found a new job, and started writing. Writing became her therapy, and it helped her to process her experiences and to make sense of her life.

The View From Breast Pocket Mountain Memoir is a beautifully written and deeply moving account of Sarah Jane's journey of recovery. It is a story of hope, resilience, and the power of the human spirit.

If you are struggling with addiction or mental illness, or if you know someone who is, I encourage you to read this book. Sarah Jane's story is a powerful reminder that recovery is possible. No matter how dark your path may seem, there is always hope.

Reviews

"The View From Breast Pocket Mountain Memoir is a raw and honest account of one woman's journey of self-discovery and acceptance. Sarah Jane Butts writes with courage and vulnerability about her struggles with addiction and mental illness, and her ultimate triumph over adversity. This memoir is a powerful message of hope and resilience, and an inspiration to anyone who has ever struggled with life's challenges."

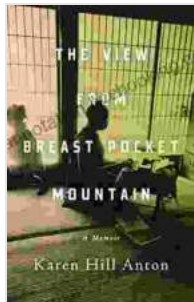
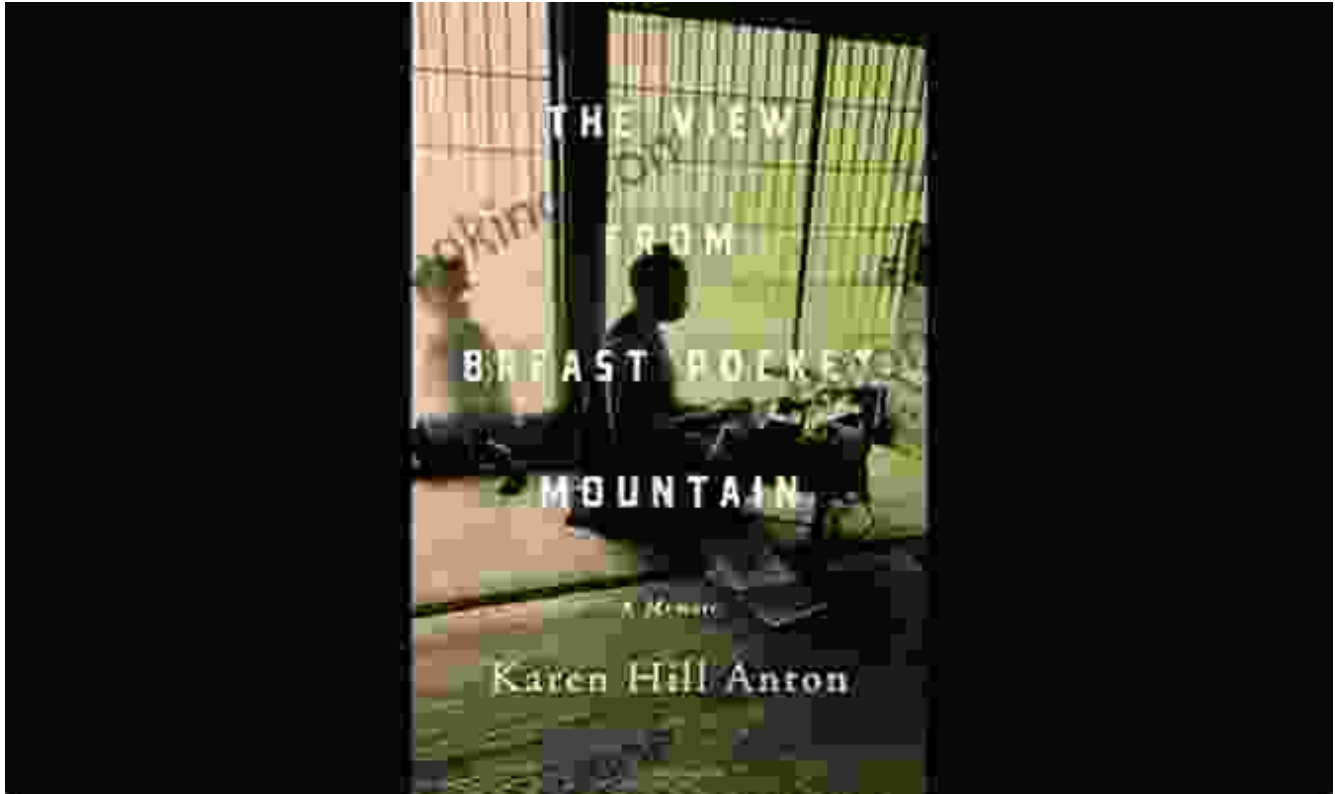
- Sarah Wilson, author of *First, We Make the Beast Beautiful*

"The View From Breast Pocket Mountain Memoir is a beautifully written and deeply moving account of one woman's journey of recovery. Sarah Jane Butts' story is a powerful reminder that recovery is possible, and that no matter how dark your path may seem, there is always hope."

- Susan Cheever, author of *Drinking in America*

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