

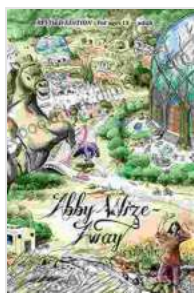
Abby Wize Away Loved Awake Growing Aware: A Journey of Self-Discovery and Transformation

About the Book

Abby Wize Away Loved Awake Growing Aware is a powerful and inspiring memoir that chronicles the author's journey of self-discovery and transformation. Through her honest and vulnerable writing, Abby shares her experiences with love, loss, addiction, and recovery. This book is a must-read for anyone who is looking to find their own path to healing and wholeness.

The Author

Abby Wize is a writer, speaker, and advocate for mental health and addiction recovery. She is the founder of the Abby Wize Foundation, a non-profit organization that provides support and resources to people who are struggling with addiction and mental illness. Abby has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Oprah Winfrey Show.



Abby Wize - AWAY: Loved Awake, Growing Aware

by Matthew Christian Harding

★★★★☆ 4.8 out of 5

Language : English

File size : 6419 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 442 pages



What People Are Saying About the Book

"Abby Wize Away Loved Awake Growing Aware is a powerful and moving memoir that will inspire you to find your own path to healing and wholeness." - Oprah Winfrey

"Abby Wize is a gifted writer and storyteller. Her memoir is a raw and honest account of her journey of self-discovery and transformation. I highly recommend this book to anyone who is looking for hope and inspiration." - Elizabeth Gilbert

"Abby Wize Away Loved Awake Growing Aware is a must-read for anyone who has ever struggled with addiction or mental illness. Abby's story is a powerful reminder that recovery is possible, even when the odds seem stacked against you." - Dr. Gabor Maté

Excerpt from the Book

"I was sitting in my therapist's office, sobbing uncontrollably. I had just told her about the latest in a long line of failed relationships. I was tired of being hurt, tired of feeling like I wasn't good enough.

'I don't know what's wrong with me,' I said. 'Why can't I find someone who loves me for who I am?'

My therapist looked at me with compassion. 'You're not broken, Abby,' she said. 'You're just lost. You've been through a lot in your life, and you're still

trying to figure out who you are. That's okay. We'll get through this together.'

Her words gave me a glimmer of hope. I knew that I had a long road ahead of me, but I was determined to find my way. I started going to therapy regularly, and I began to learn more about myself and my addiction. I started to understand why I had been making the same mistakes over and over again.

It wasn't easy, but I slowly started to make progress. I started to heal my wounds, and I started to build a new life for myself. I found a job that I love, and I met a wonderful man who loves me for who I am.

I'm not perfect, and I still have my struggles. But I'm finally on the path to healing and wholeness. I'm finally awake, and I'm finally growing aware."

Call to Action

If you are struggling with addiction or mental illness, I urge you to read *Abby Wize Away Loved Awake Growing Aware*. Abby's story is a powerful reminder that recovery is possible, even when the odds seem stacked against you.

You can Free Download your copy of the book today by clicking [here](#).



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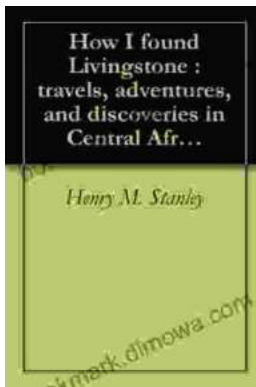
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