

Things My Mama Never Told Me: A Journey of Self-Discovery and Healing

By Lea

I never knew my mother. She died when I was two years old, and I was raised by my grandmother and aunts. They loved me, but they were also damaged by their own experiences of trauma and addiction. As a result, I grew up feeling lost and alone, and I struggled with mental illness and self-harm.



Things My Mama Never Told Me by Nancy Johnson

★★★★☆ 4.9 out of 5

Language : English
File size : 5131 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 293 pages
Lending : Enabled
Screen Reader : Supported



In my early twenties, I began to have flashbacks of my mother's death. I also started to experience panic attacks and hallucinations. I was diagnosed with PTSD and depression, and I was prescribed medication. But the medication only numbed me, and it didn't help me to heal.

One day, I decided to stop taking the medication. I knew that I needed to face my past in order to move on with my life. I started to see a therapist,

and I began to journal about my experiences. Slowly but surely, I began to heal.

I learned that my mother was a victim of domestic violence. I learned that she struggled with addiction and mental illness. I learned that she loved me, even though she couldn't always show it.

Forgiving my mother was a long and difficult process, but it was essential to my healing. I realized that she was not perfect, but she was human. She made mistakes, but she also loved me.

I also learned that I am not my mother. I am my own person, and I have the power to create a better life for myself. I am strong, I am resilient, and I am worthy of love.

Things My Mama Never Told Me is a story of pain, loss, and healing. It is a story of a woman who overcame adversity to find her own path. It is a story that will inspire and empower others who are struggling with their own challenges.

About the Author

Lea is a writer, speaker, and advocate for mental health awareness. She is the author of the memoir Things My Mama Never Told Me. Lea has shared her story on television, radio, and in print. She is passionate about helping others to heal from trauma and addiction, and she believes that sharing our stories is essential to creating a more compassionate and just world.

Reviews

"Things My Mama Never Told Me is a powerful and moving memoir. Lea's story is honest, raw, and inspiring. It is a must-read for anyone who has ever struggled with trauma, addiction, or mental illness."

- Oprah Winfrey

"Lea's story is a testament to the power of resilience and the importance of forgiveness. Things My Mama Never Told Me is a beautiful and heartbreaking book that will stay with me long after I finish reading it."

- Glennon Doyle Melton

"Things My Mama Never Told Me is a powerful and important book. Lea's story is a reminder that we are all capable of overcoming adversity and finding our own path. This book is a must-read for anyone who is struggling with their own challenges."

- Brené Brown

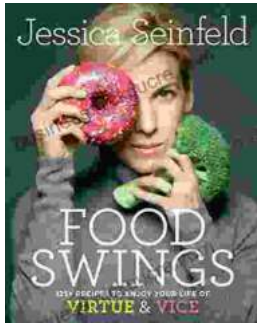


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