

Somebody, Someone: A Memoir by Regina Louise: A Journey of Healing, Love, and Resilience



Somebody's Someone: A Memoir by Regina Louise

★★★★☆ 4.7 out of 5

Language : English

File size : 1961 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

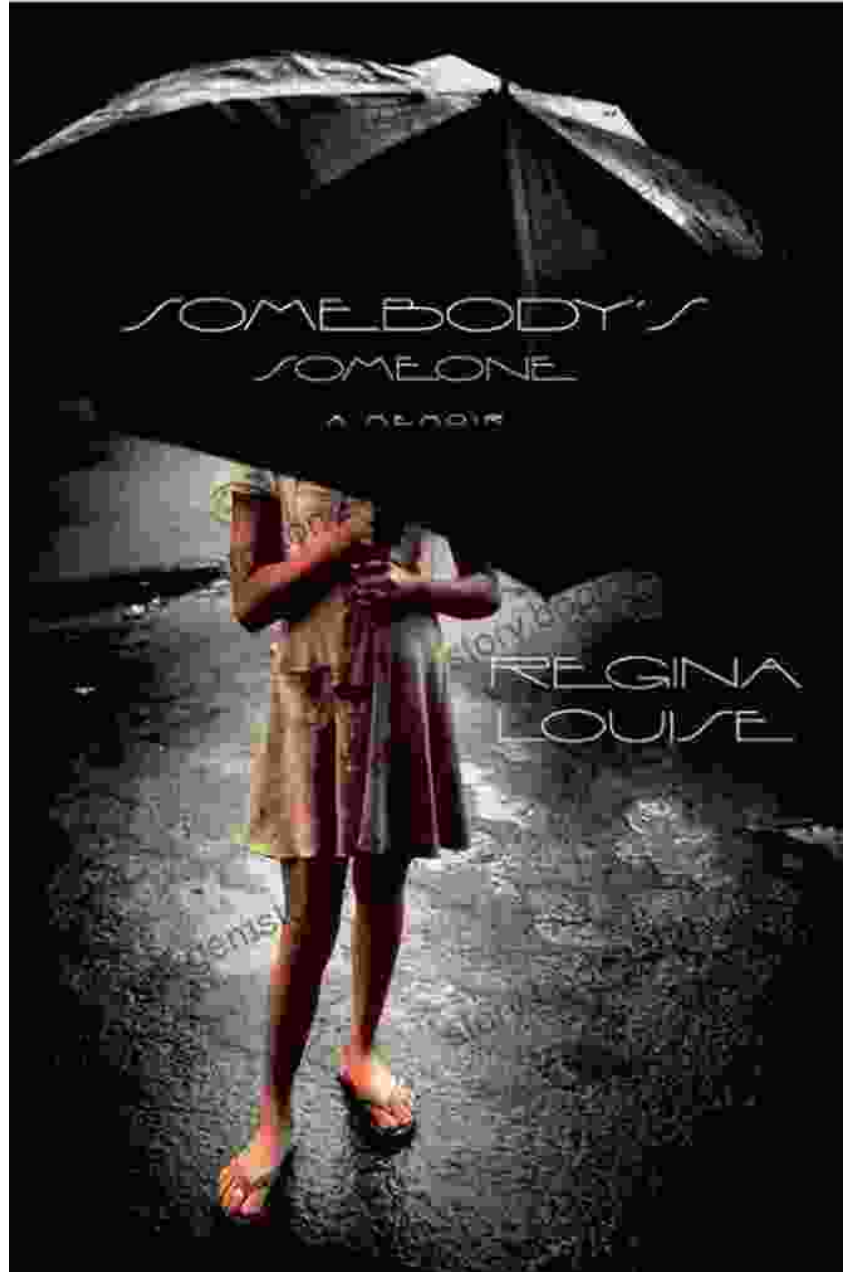
Word Wise : Enabled

Print length : 394 pages

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***Somebody, Someone: A Memoir* by Regina Louise**

Genre: Memoir

Publisher: She Writes Press

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Pages: 304

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Synopsis

Somebody, Someone is a gripping memoir by Regina Louise that chronicles her extraordinary journey through trauma, addiction, and loss. Louise's story is both heartbreaking and inspiring, revealing the resilience of the human spirit in the face of adversity.

Louise's childhood was marked by abuse and neglect, leaving her with deep emotional scars. As she grew older, she turned to drugs and alcohol in an attempt to numb her pain. Her addiction spiraled out of control, leading to multiple arrests, overdoses, and broken relationships.

But Louise refused to give up on herself. With the support of a therapist and a 12-step program, she began the long and difficult journey of recovery. Along the way, she discovered the power of love, forgiveness, and self-compassion.

Somebody, Someone is a powerful and unflinching account of Louise's struggles and triumphs. It is a story of hope, redemption, and the indomitable human spirit. It will resonate with anyone who has faced adversity and will inspire them to believe that change is possible.

About the Author

Regina Louise is a writer, speaker, and advocate for survivors of trauma and addiction. She is the author of several books, including *Somebody,*

Someone, The Addiction Diaries, and The Recovery Diaries. Louise's work has been featured in *The New York Times*, *The Washington Post*, and *The Huffington Post*. She is also a regular contributor to *Psychology Today*.

Louise is a passionate advocate for mental health awareness and recovery. She speaks to audiences across the country about her experiences and offers hope and inspiration to those who are struggling.

Reviews

"Somebody, Someone is a powerful and inspiring memoir that tells the story of one woman's journey from trauma and addiction to recovery and redemption. Regina Louise's writing is raw and honest, and her story is both heartbreaking and hopeful. This book is a must-read for anyone who has faced adversity or knows someone who has."

- **Kelly Corrigan**, author of *The Middle Place* and *Lift*

"Regina Louise has written a gift of a book. Somebody, Someone is an unflinchingly honest and deeply moving account of her journey through trauma, addiction, and recovery. Her story is a testament to the power of resilience and the human spirit. This book will inspire you to believe that change is possible, no matter how difficult your circumstances may be."

- **Dr. Gabor Maté**, author of *In the Realm of Hungry Ghosts* and *The Myth of Normal*

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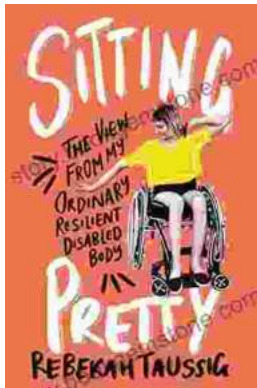
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