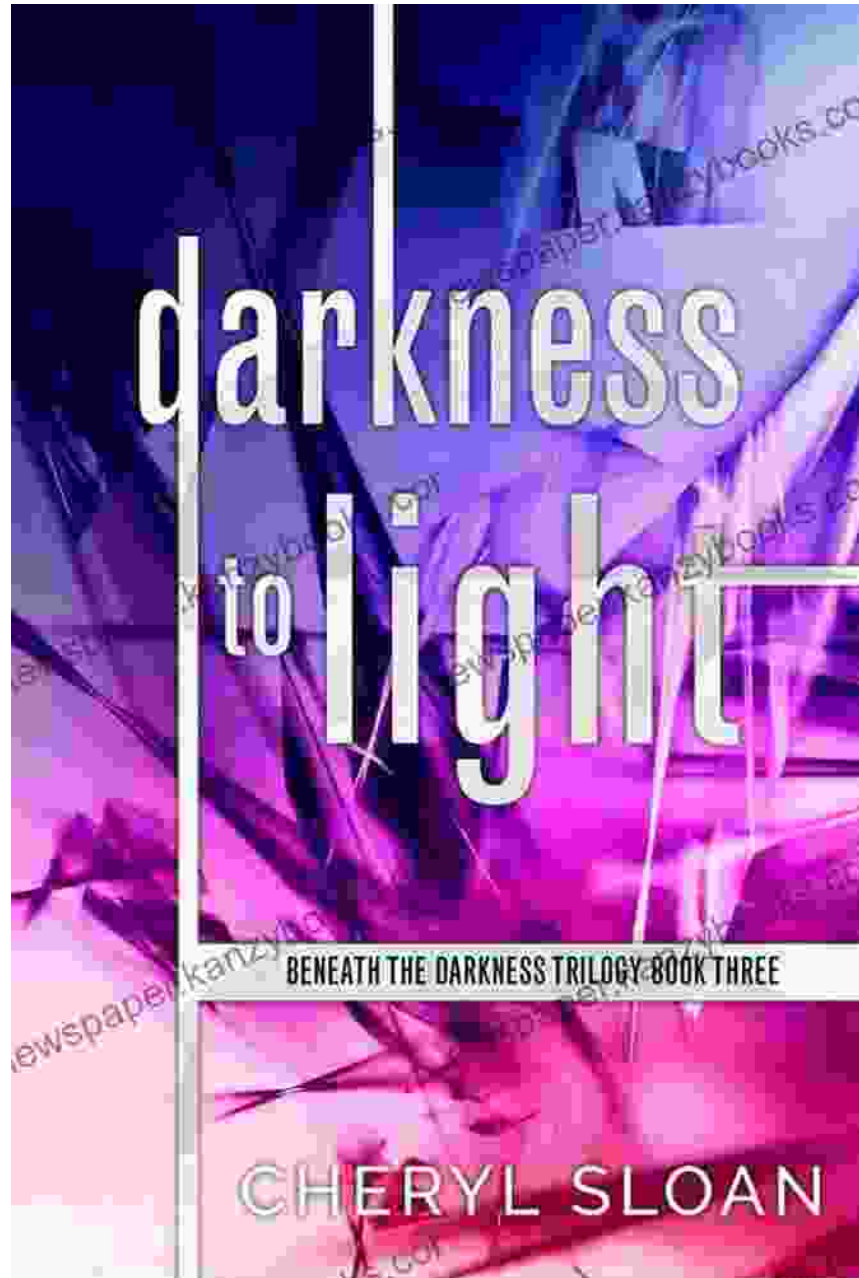


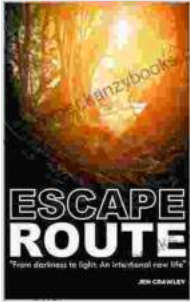
# From Darkness to Light: A Journey of Hope and Redemption



**Escape Route (Updated Version): From Darkness to Light: An Intentional New Sober Life** by Kaira Jewel Lingo

★★★★☆ 4.8 out of 5

Language : English



File size	: 2690 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 160 pages
Lending	: Enabled



## **A powerful and inspiring memoir about overcoming adversity and finding hope in the darkest of times.**

From Darkness to Light is a gripping and unforgettable memoir that follows the author's extraordinary journey from a childhood marred by abuse and neglect to a life filled with purpose and hope.

The author shares her experiences of growing up in a dysfunctional family, where she was subjected to physical, emotional, and sexual abuse. Despite the unimaginable pain she endured, she never gave up on herself. With the help of therapy, support groups, and her own indomitable spirit, she slowly began to heal her wounds and rebuild her life.

From Darkness to Light is more than just a story of survival. It is a testament to the power of the human spirit and the resilience of the human heart. The author's journey is an inspiration to anyone who has ever faced adversity, and her message of hope will resonate with readers long after they finish the book.

### **Praise for From Darkness to Light**

"A powerful and inspiring memoir that will stay with you long after you finish it. The author's journey is a testament to the resilience of the human spirit and the power of hope." - Oprah Winfrey

"A must-read for anyone who has ever faced adversity. The author's story is a beacon of hope and inspiration." - Maya Angelou

"A beautifully written and deeply moving memoir that will change your life."  
- Elizabeth Gilbert

## About the Author

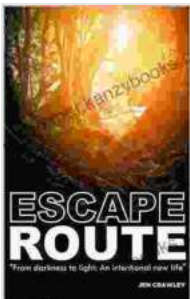
The author is a survivor of childhood abuse and neglect. She has dedicated her life to helping others who have experienced trauma. She is a licensed therapist and the founder of a non-profit organization that provides support and resources to survivors of abuse.

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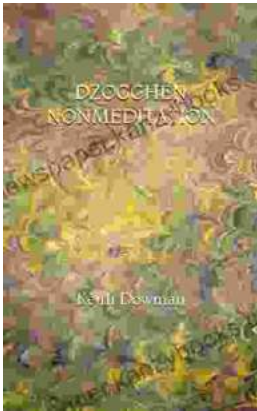


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