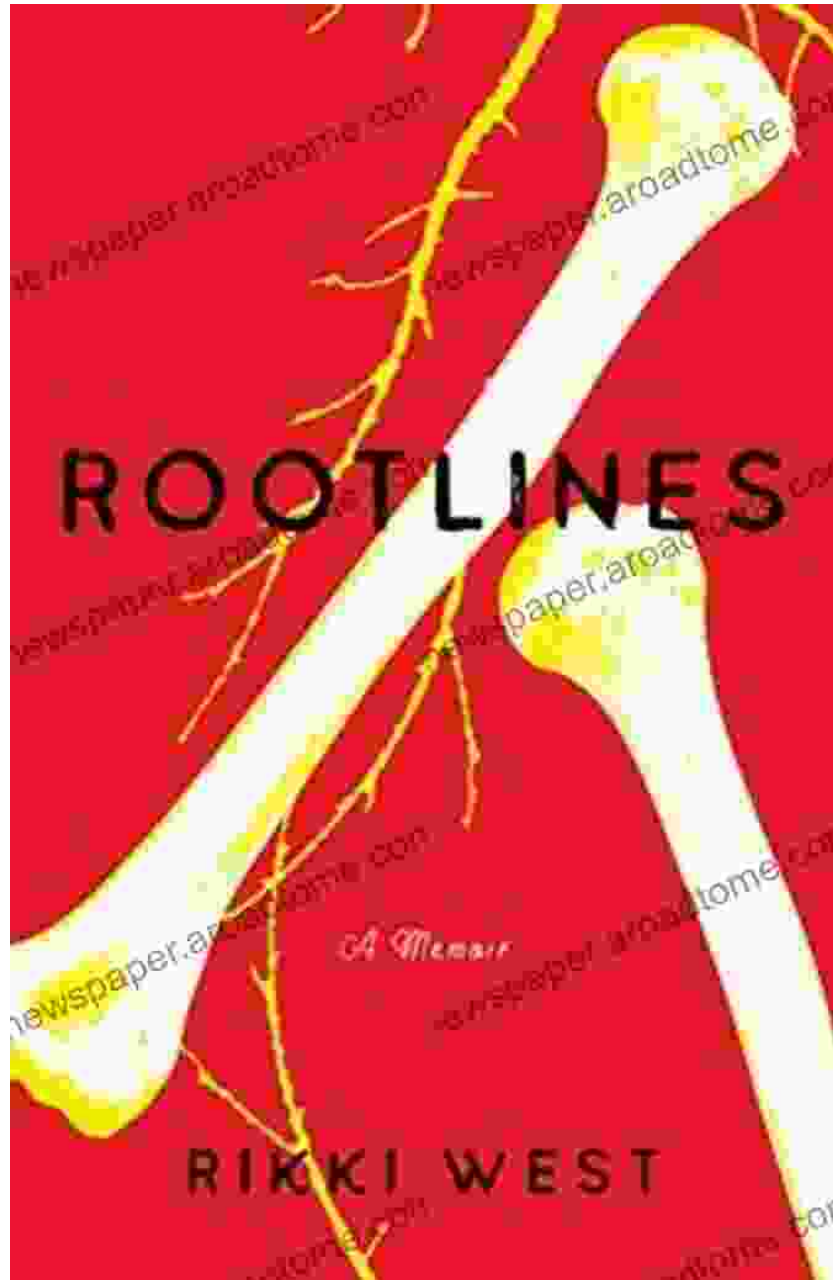


Rootlines: A Memoir by Rikki West - A Journey of Resilience and Redemption



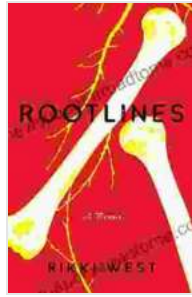
Rootlines: A Memoir by Rikki West

★★★★☆ 4.7 out of 5

Language : English

File size : 2191 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 281 pages



An Excerpt from Rootlines: A Memoir by Rikki West

I was born in a small town in the Midwest, the youngest of five children. My parents were both hard-working people, but they had their struggles. My father was an alcoholic, and my mother was often depressed. I remember being very young and seeing my father come home drunk and abusive. I would often hide under my bed, terrified of what he would do.

My mother did her best to protect us, but she was often powerless against my father's violence. I remember one time when he beat her so badly that she had to be hospitalized. I was only 10 years old at the time, and I was so scared that I didn't know what to do.

As I got older, I started to act out. I got into fights at school, and I started drinking and using drugs. I was trying to numb the pain of what I had been through, but it only made things worse.

Eventually, I hit rock bottom. I was arrested for drunk driving, and I lost my job. I was homeless and alone, and I didn't know where to turn.

But even in my darkest moments, I never gave up hope. I knew that I had to change my life, and I was determined to do it.

I went to rehab, and I started working on my recovery. It was a long and difficult process, but I was finally able to get sober. I also started going to therapy, and I began to learn how to deal with the trauma that I had experienced.

Today, I am a happy and healthy woman. I have a good job, a loving family, and a bright future. I am grateful for the second chance that I have been given, and I am determined to make the most of it.

About the Author

Rikki West is a writer, speaker, and advocate for survivors of trauma. She is the author of the memoir *Rootlines*, which tells the story of her journey from addiction and homelessness to recovery and redemption. Rikki is passionate about helping others to overcome their struggles and find hope. She speaks at conferences and events around the country, and she is the founder of the non-profit organization *Rootlines*, which provides support and resources to survivors of trauma.

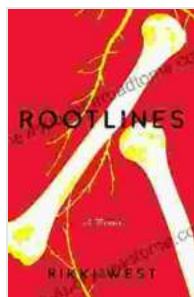
Praise for *Rootlines*

"*Rootlines* is a powerful and moving story of resilience and redemption. Rikki West's journey is an inspiration to us all." - Oprah Winfrey

"Rikki West's memoir is a raw and honest account of her journey from addiction and homelessness to recovery and redemption. Her story is a reminder that even in the darkest of times, there is always hope." - Elizabeth Gilbert

"*Rootlines* is a must-read for anyone who has ever struggled with addiction, trauma, or homelessness. Rikki West's story is a testament to the power of

hope and resilience." - Glennon Doyle



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