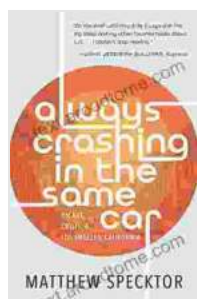


# Always Crashing In The Same Car: A Memoir of Healing After a Traumatic Car Accident

In *Always Crashing In The Same Car*, author and trauma therapist Kimberlee Bethany Bonham tells her own story of healing after a traumatic car accident. Bonham shares her journey of physical and emotional recovery, and offers insights and advice for others who have experienced trauma.



## Always Crashing in the Same Car: On Art, Crisis, and Los Angeles, California by Matthew Spektor

★★★★☆ 4.4 out of 5

Language : English  
File size : 11417 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 400 pages



Bonham's accident happened in 2006. She was driving home from work when she was hit by a drunk driver. The accident left her with multiple injuries, including a broken neck, a concussion, and a traumatic brain injury. Bonham spent months in the hospital and rehabilitation, and she had to relearn how to walk and talk.

The accident had a profound impact on Bonham's life. She lost her job, her apartment, and her relationships. She also struggled with depression, anxiety, and PTSD.

But Bonham was determined to heal. She went to therapy, she read books about trauma, and she started to write about her experiences. Writing helped Bonham to process her trauma and to find meaning in her pain.

In *Always Crashing In The Same Car*, Bonham shares her story with honesty and vulnerability. She writes about the physical and emotional challenges she faced, and she offers insights and advice for others who have experienced trauma.

Bonham's book is a powerful and inspiring story of healing. It is a must-read for anyone who has experienced trauma, or for anyone who wants to learn more about the healing process.

### **About the Author**

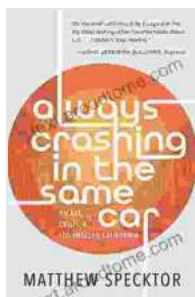
Kimberlee Bethany Bonham is a trauma therapist and the author of *Always Crashing In The Same Car*. Bonham has worked with hundreds of trauma survivors, and she is passionate about helping others to heal.

Bonham is a graduate of the University of California, Berkeley, and the University of Southern California. She is a licensed clinical social worker and a certified trauma therapist.

Bonham lives in Los Angeles with her husband and two children.

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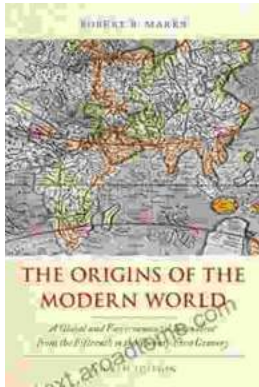
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