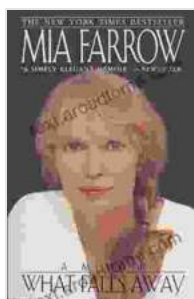


What Falls Away: A Memoir of Healing and Transformation

In the wake of her mother's death, author Sarah Wendell spent years spiraling in grief. She sought solace in food, alcohol, and other destructive behaviors, but nothing seemed to ease her pain. As her life fell apart, so too did her sense of self.



What Falls Away: A Memoir by Mia Farrow

★★★★☆ 4.4 out of 5

Language : English
File size : 43226 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 346 pages



Years of therapy and self-reflection later, Sarah began to piece together the fragments of her life. She learned to grieve her mother's death in a healthy way, to forgive herself for her past mistakes, and to accept herself for who she truly is.

What Falls Away is a raw and honest account of Sarah's journey through grief, loss, and ultimately to a place of self-discovery and acceptance. Her story is a reminder that even in the darkest of times, there is always hope for healing and transformation.

Reviews

"What Falls Away is a beautifully written and deeply moving memoir. Sarah Wendell's story is one of resilience, hope, and healing. I highly recommend this book to anyone who has ever experienced loss or grief."

- **Cheryl Strayed, author of Wild**

"Sarah Wendell's memoir is a powerful and inspiring reminder that even in the darkest of times, there is always hope. Her story is one of resilience, courage, and self-compassion. I highly recommend this book to anyone who is struggling with grief or loss."

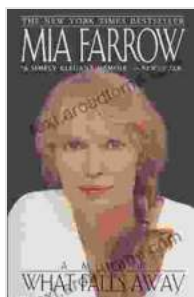
- **Elizabeth Gilbert, author of Eat, Pray, Love**

About the Author

Sarah Wendell is a writer, speaker, and advocate for mental health. She is the author of the memoir What Falls Away. Sarah has been featured in The New York Times, The Washington Post, and NPR. She lives in Portland, Oregon.

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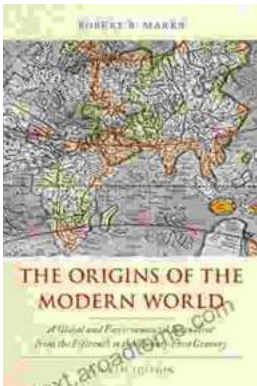
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