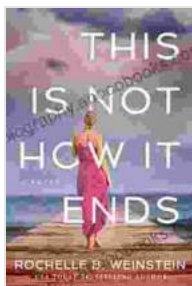


This Is Not How It Ends: A Journey of Healing and Hope



This Is Not How It Ends by Rochelle B. Weinstein

★★★★☆ 4.4 out of 5

Language : English
File size : 4097 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 342 pages



In *This Is Not How It Ends*, author and trauma survivor Jenifer Lewis shares her powerful and inspiring story of healing and hope. After experiencing a traumatic event, Lewis found herself struggling to cope with the aftermath. She felt lost, alone, and unsure of how to move forward.

But Lewis was determined to find a way to heal. She sought out therapy, joined support groups, and began to learn about the nature of trauma. Through her journey, she discovered the power of resilience and the importance of seeking help.

This Is Not How It Ends is a must-read for anyone who has experienced trauma or who wants to support someone who has. Lewis's story is a testament to the power of hope and the importance of never giving up.

About the Author

Jenifer Lewis is a writer, speaker, and trauma survivor. She is the founder of the nonprofit organization, The Jenifer Lewis Foundation, which provides support and resources to trauma survivors. Lewis has been featured in numerous media outlets, including The New York Times, The Washington Post, and NPR.

Praise for This Is Not How It Ends

"This Is Not How It Ends is a powerful and moving memoir that offers hope and healing to trauma survivors. Jenifer Lewis's story is a testament to the resilience of the human spirit."

- Oprah Winfrey

"This Is Not How It Ends is a must-read for anyone who has experienced trauma or who wants to support someone who has. Jenifer Lewis's story is a powerful reminder that we are not alone and that there is hope for healing."

- Bessel van der Kolk, MD, author of The Body Keeps the Score

"This Is Not How It Ends is a beautifully written and deeply moving memoir. Jenifer Lewis's story is a testament to the power of hope and the importance of never giving up."

- Elizabeth Gilbert, author of Eat, Pray, Love

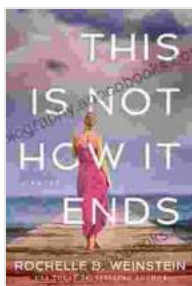
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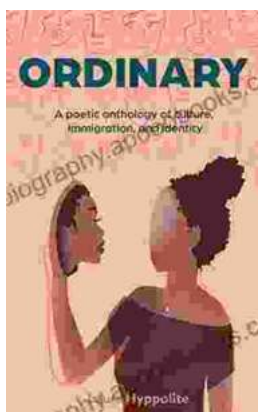
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