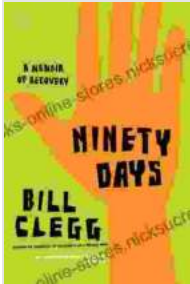


Ninety Days Memoir Of Recovery: A Raw and Unflinching Account of Addiction and Recovery



Ninety Days: A Memoir of Recovery by Bill Clegg

★★★★☆ 4.6 out of 5

Language : English

File size : 612 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 209 pages



In her memoir, *Ninety Days*, Kristen Johnston chronicles her harrowing journey through addiction and recovery. With raw honesty and unflinching detail, she recounts her descent into the depths of alcoholism and drug abuse, and her eventual path to sobriety through a 12-step program.

Johnston's story is a cautionary tale about the dangers of addiction, but it is also a story of hope and redemption. She writes with candor about the shame, guilt, and despair that consumed her during her darkest days, but she also celebrates the strength and resilience she found in recovery.

Ninety Days is a powerful and moving memoir that offers a unique glimpse into the world of addiction and recovery. It is a must-read for anyone who has struggled with addiction, or who knows someone who has.

Johnston's Descent into Addiction

Johnston's addiction began innocently enough. She was a successful actress, but she was also struggling with anxiety and depression. She turned to alcohol and drugs to self-medicate, and before she knew it, she was hooked.

As her addiction progressed, Johnston's life began to fall apart. She lost her job, her relationships, and her self-respect. She was living on the streets, panhandling for money to buy drugs.

Johnston's rock bottom came when she was arrested for public intoxication. She was facing jail time, and she knew that she could not continue on this path.

Johnston's Path to Recovery

Johnston entered a 12-step program, and it was there that she began her journey to recovery. She found a sponsor who guided her through the steps, and she began to work on her own sobriety.

The early days of recovery were tough. Johnston had to learn to live without the crutches that she had relied on for so long. She had to face her demons, and she had to learn to forgive herself.

But Johnston persevered, and slowly but surely, she began to rebuild her life. She got a new job, she reconnected with her family and friends, and she found a new sense of purpose.

Johnston's story is a testament to the power of recovery. She has been sober for over 20 years, and she has dedicated her life to helping others

who are struggling with addiction.

The Importance of Memoirs

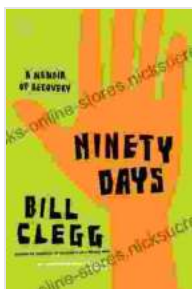
Memoirs can be a powerful tool for raising awareness about important issues. They can give a voice to those who have been silenced, and they can help to break down the stigma surrounding mental health issues.

Johnston's memoir is an important contribution to the literature on addiction and recovery. It is a raw and unflinching account of her journey, but it is also a story of hope and redemption. It is a must-read for anyone who has struggled with addiction, or who knows someone who has.

About the Author

Kristen Johnston is an actress, comedian, and writer. She is best known for her roles on the sitcoms 3rd Rock from the Sun and Will & Grace. Johnston has been open about her struggles with addiction and recovery, and she has written extensively about her experiences.

Ninety Days is Johnston's first memoir. It was published in 2018.



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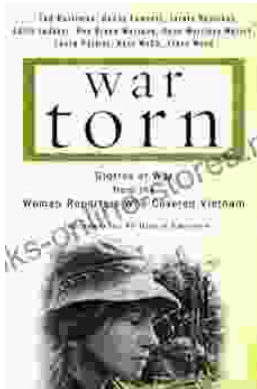
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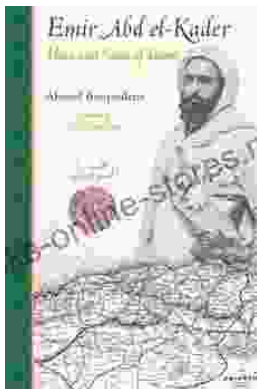
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