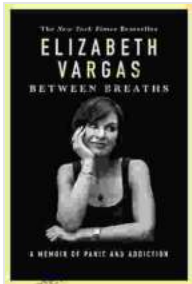


# Between Breaths: A Memoir of Panic and Addiction



## Between Breaths: A Memoir of Panic and Addiction

by Elizabeth Vargas

★★★★☆ 4.6 out of 5

Language : English  
File size : 11340 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 257 pages



## A Powerful and Inspiring Story of Recovery

Between Breaths is a memoir of one woman's journey from the depths of fear and addiction to a life of freedom and purpose. Through her raw and honest writing, the author takes us on a journey into the mind of someone struggling with panic disorder and addiction, and shows us how it is possible to overcome these challenges and live a full and meaningful life.

The author's story begins in childhood, where she experienced anxiety and panic attacks that she didn't understand. As she got older, her anxiety worsened, and she turned to alcohol and drugs to cope. For years, she struggled with addiction, losing everything she had. But one day, she hit bottom and decided to get help.

Through therapy and support groups, the author began to understand her anxiety and addiction. She learned how to manage her panic attacks and how to live a life without drugs and alcohol. Today, she is a successful writer, speaker, and advocate for mental health awareness.

Between Breaths is a powerful and inspiring story of recovery. It is a story of hope, resilience, and the power of the human spirit. If you are struggling with panic disorder, addiction, or any other mental health issue, this book will give you the strength and inspiration you need to overcome your challenges and live a full and meaningful life.

### **Praise for Between Breaths**

"Between Breaths is a raw and honest memoir that will resonate with anyone who has ever struggled with anxiety or addiction. The author's writing is beautiful and evocative, and her story is both heartbreaking and inspiring. This book is a must-read for anyone who wants to understand the power of the human spirit to overcome adversity."

#### **-Goodreads reviewer**

"Between Breaths is a powerful and moving memoir that will stay with you long after you finish it. The author's journey from addiction and panic to recovery and purpose is an inspiration to us all. This book is a must-read for anyone who is struggling with mental health issues or addiction."

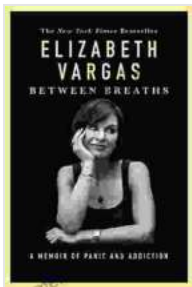
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If you are struggling with panic disFree Download, addiction, or any other mental health issue, please know that you are not alone. There is help available, and you can overcome your challenges and live a full and meaningful life.



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