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My Story to Yours: A Guided Memoir for Writing Your Recovery Journey

Karen Casey

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Reflecting on and telling our stories is a time-honored tradition in recovery circles--whether in silent meditation, speaking out at meetings, or between sponsors and their sponsees. Recounting our experience of moving from a life of addiction to one of sobriety helps us realize how far we've come and how grateful we are to the people and events that led us there.

In this beautifully written guided memoir, best-selling author Karen Casey invites us to write down our stories while engaging in hers. We follow Casey from her childhood to a life of addiction. We struggle with her through the depths of destruction and despair, then experience her rebirth as she pulled herself out of the darkness and into the light of recovery. At key turning points in her narrative, Casey pauses her story to encourage us to face difficult memories, verbalize our feelings, or express our own stories through practical exercises, thought-provoking questions, and inspiring ideas.

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