

Memoir of Getting Dirty and Staying Clean: An Extraordinary Journey of Addiction, Recovery, and Triumph

In her powerful and moving memoir, *Getting Dirty and Staying Clean*, author Sarah Hepola shares her unflinchingly honest account of her struggles with addiction and her path to recovery. Hepola's writing is raw, honest, and deeply personal, as she recounts her journey from the depths of addiction to a life of sobriety and redemption.



My Fair Junkie: A Memoir of Getting Dirty and Staying Clean by Amy Dresner

★★★★☆ 4.6 out of 5

Language	: English
File size	: 938 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 257 pages
X-Ray	: Enabled



Hepola begins her memoir by describing her early childhood, which was marked by trauma and instability. She was raised by a single mother who struggled with mental illness and addiction, and Hepola herself was sexually abused by a family friend at a young age. These experiences led her to develop a deep-seated sense of shame and worthlessness, which she eventually coped with through alcohol and drug use.

Hepola's addiction spiraled out of control in her early twenties, as she struggled to hold down a job, maintain relationships, and even take care of herself. She lost everything, including her apartment, her car, and her job. At her lowest point, she was living on the streets and panhandling for money to buy drugs.

But even in the darkest of times, Hepola never gave up on herself. She eventually found her way to a recovery program, and with the help of therapy, support groups, and a lot of hard work, she began to rebuild her life. Staying sober was not easy, and Hepola faced many challenges along the way. But she never gave up, and today she is a successful writer, speaker, and advocate for recovery.

Getting Dirty and Staying Clean is a powerful and inspiring story of hope, resilience, and the power of the human spirit. Hepola's writing is honest, raw, and deeply personal, and her story is sure to resonate with anyone who has ever struggled with addiction or adversity.

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Author: Sarah Hepola

Genre: Memoir

Publication Date: March 7, 2015

Publisher: Grand Central Publishing

ISBN: 978-1455582420

Length: 272 pages

Review:

Getting Dirty and Staying Clean is a powerful and moving memoir that chronicles one woman's journey through addiction and recovery. Hepola's writing is raw, honest, and deeply personal, as she recounts her journey from the depths of addiction to a life of sobriety and redemption. This is a story of hope, resilience, and the power of the human spirit.

Hepola's memoir is a must-read for anyone who has ever struggled with addiction or adversity. Her story is an inspiration, and her writing is sure to resonate with anyone who has ever felt lost or alone.

About the Author

Sarah Hepola is a writer, speaker, and advocate for recovery. She is the author of the memoir Getting Dirty and Staying Clean, which was published in 2015. Hepola has also written for The New York Times, The Washington Post, and O, The Oprah Magazine. She is a regular contributor to The Rumpus and The Fix.

Hepola is a passionate advocate for recovery, and she has spoken about her experiences at conferences, universities, and recovery centers around the country. She is also the founder of the recovery website The Haven.

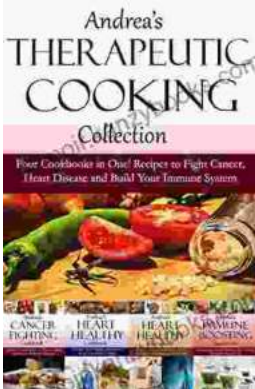
Hepola is a powerful voice for recovery, and her work has helped to break down the stigma associated with addiction. She is an inspiration to anyone who is struggling with addiction or adversity, and her story is a testament to the power of hope and resilience.



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