

# Running With Monsters Memoir: A Journey Through Darkness and Triumph



## Running with Monsters: A Memoir by Bob Forrest

★★★★☆ 4.2 out of 5

Language	: English
File size	: 8103 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 240 pages



In her harrowing and inspiring memoir, *Running With Monsters*, Augusten Burroughs tells the story of her descent into addiction and her eventual recovery. Burroughs's writing is raw, honest, and unflinching, and she does not shy away from the darkest moments of her addiction.

Burroughs begins her story by describing her childhood, which was marked by abuse and neglect. She turned to alcohol and drugs as a way to escape her pain, and by the time she was in her early 20s, she was a full-blown addict.

Burroughs's addiction led her down a dangerous path. She lost her job, her home, and her relationships. She was arrested multiple times and even overdosed on heroin. But through it all, Burroughs never gave up hope.

She knew that she needed to get clean, and she was determined to do whatever it took to make that happen.

In 1998, Burroughs checked into a rehab facility. She spent the next year in treatment, and it was there that she began to heal from her addiction. Burroughs learned to cope with her pain in healthy ways, and she developed a strong support system. She also found a new passion in running, which she credits with helping her to stay sober.

Burroughs has been sober for over 20 years, and she is now a successful writer and speaker. She has shared her story with millions of people around the world, and she has helped countless others to recover from addiction. *Running With Monsters* is a powerful and inspiring memoir that offers hope to anyone who is struggling with addiction.

## **Review**

*Running With Monsters* is a must-read for anyone who has ever struggled with addiction or loved someone who has. Burroughs's writing is raw, honest, and unflinching, and she does not shy away from the darkest moments of her addiction. But Burroughs's story is also one of hope and triumph. She shows us that it is possible to recover from addiction, and that there is a light at the end of the tunnel.

Burroughs's memoir is not just a story about addiction. It is also a story about abuse, neglect, and trauma. Burroughs's childhood was marked by pain and suffering, and she turned to drugs and alcohol as a way to escape. But Burroughs's story is also a story about resilience and survival. She shows us that it is possible to overcome adversity and to build a happy and fulfilling life.

*Running With Monsters* is a powerful and inspiring memoir that will stay with you long after you finish reading it. Burroughs's story is a reminder that there is hope for everyone, no matter how dark their past may seem.

## About the Author

Augusten Burroughs is an American writer and speaker. She is the author of five memoirs, including *Running With Monsters*, *Dry*, and *A Wolf at the Table*. Burroughs's writing has been praised for its honesty, humor, and insight. She has been featured in numerous publications, including *The New York Times*, *The Washington Post*, and *O, The Oprah Magazine*. Burroughs is a passionate advocate for addiction recovery, and she has spoken about her experiences around the world.

## Additional Resources

- Augusten Burroughs's website
- National Alliance on Mental Illness
- Substance Abuse and Mental Health Services Administration



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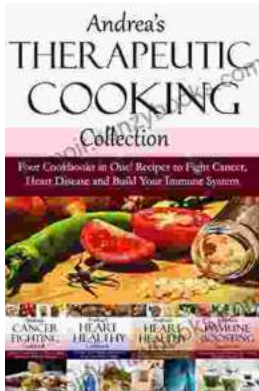
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