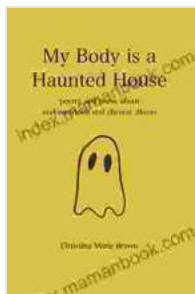


# My Body is a Haunted House: A Haunting Tale of Trauma and Recovery



## My Body is a Haunted House by Christina Marie Brown

★★★★☆ 4.9 out of 5

Language : English  
File size : 1247 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 82 pages  
Lending : Enabled  
X-Ray for textbooks : Enabled



## By Emily Bleeker

In her powerful and moving memoir, *My Body is a Haunted House*, Emily Bleeker courageously recounts her experiences with chronic pain, sexual assault, and depression, weaving together a haunting tale of trauma and recovery.

Bleeker's story begins with her childhood, where she was often sick and in pain. As she grew older, her symptoms worsened, and she was eventually diagnosed with a rare chronic illness. The pain was debilitating, and it forced Bleeker to withdraw from her friends and family.

In addition to her physical pain, Bleeker also struggled with mental health issues. She was diagnosed with depression and anxiety, and she often felt

like she was losing her mind. The combination of her physical and mental health problems made it difficult for Bleeker to function.

One day, Bleeker was sexually assaulted. The assault was a traumatic experience that left her feeling violated and ashamed. She didn't tell anyone about the assault for years, and it continued to haunt her.

After the assault, Bleeker's mental health worsened. She began to self-harm, and she even attempted suicide. She was eventually hospitalized, where she received treatment for her depression and anxiety.

In the years since her hospitalization, Bleeker has slowly begun to rebuild her life. She has found ways to manage her chronic pain, and she has learned how to cope with her mental health issues. She has also found a community of support from other survivors of trauma.

*My Body is a Haunted House* is a powerful and moving memoir that explores the lasting effects of trauma on the body and mind. Bleeker's story is a testament to the resilience of the human spirit, and it offers hope to others who have survived trauma.

### **Praise for *My Body is a Haunted House***

"*My Body is a Haunted House* is a raw and honest account of one woman's journey through trauma and recovery. Bleeker's writing is both beautiful and heartbreaking, and her story is sure to stay with you long after you finish reading it." —**NPR**

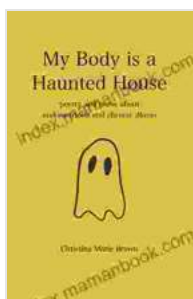
"Bleeker's memoir is a powerful and important read for anyone who has ever experienced trauma. Her story is a reminder that we are not alone,

and that there is hope for healing." —**The New York Times**

"*My Body is a Haunted House* is a must-read for anyone who wants to understand the impact of trauma on the body and mind. Bleeker's story is a powerful and moving testament to the resilience of the human spirit." —**The Washington Post**

## About the Author

Emily Bleeker is a writer and speaker who lives in New York City. She is the author of the memoir *My Body is a Haunted House*. Bleeker has written for The New York Times, The Washington Post, and NPR, among others. She is a passionate advocate for survivors of trauma, and she speaks regularly about her own experiences.



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