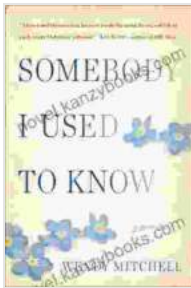


Somebody Used to Know: A Memoir by Wendy Plump

Wendy Plump's memoir, *Somebody Used to Know*, is a deeply personal and moving account of her journey through love, loss, and the search for identity. With unflinching honesty and raw emotion, Plump explores the complexities of family, friendship, addiction, mental illness, and recovery.



Somebody I Used to Know: A Memoir by Wendy Mitchell

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1671 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 248 pages



The book begins with Plump's childhood in a small town in Wisconsin. She was a shy and introverted child, who found solace in books and writing. But her idyllic childhood was shattered when her parents divorced and her father remarried. Plump struggled to adjust to her new family and felt like an outsider in her own home.

As she got older, Plump turned to alcohol and drugs to numb her pain. She developed an eating disorder and struggled with depression and anxiety. She dropped out of college and moved to New York City, where

she worked as a waitress and bartender. She had a series of failed relationships and struggled to find a sense of purpose in her life.

In her mid-twenties, Plump hit rock bottom. She was arrested for drunk driving and lost her job. She was forced to confront her addiction and mental health issues. With the help of therapy and a support group, she began the long journey of recovery.

Somebody Used to Know is a powerful and inspiring story of hope and redemption. Plump writes with honesty and vulnerability about her struggles with addiction and mental illness. She shows us how it is possible to overcome adversity and find a path to healing and recovery.

This book is a must-read for anyone who has ever struggled with addiction, mental illness, or the search for identity. It is a story that will resonate with anyone who has ever felt lost or alone.

Praise for *Somebody Used to Know*

"A beautifully written and deeply moving memoir. Plump's story is a reminder that we are all capable of overcoming adversity and finding our way back to ourselves." — ***Elizabeth Gilbert, author of Eat, Pray, Love***

"A raw and honest account of one woman's journey through addiction and recovery. Plump's story is a testament to the power of hope and the human spirit." — ***Dani Shapiro, author of Inheritance***

"A powerful and inspiring memoir that will resonate with anyone who has ever struggled with addiction or mental illness. Plump's story is a reminder

that we are not alone and that recovery is possible." — **Sarah Hepola**,
author of Blackout

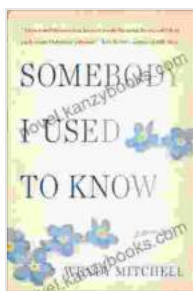
About the Author

Wendy Plump is the author of four novels, including her most recent, *The Great Escape*. Her work has been translated into more than twenty languages and has been featured in *The New York Times*, *The Washington Post*, and *The Los Angeles Times*. She lives in New York City with her husband and son.

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