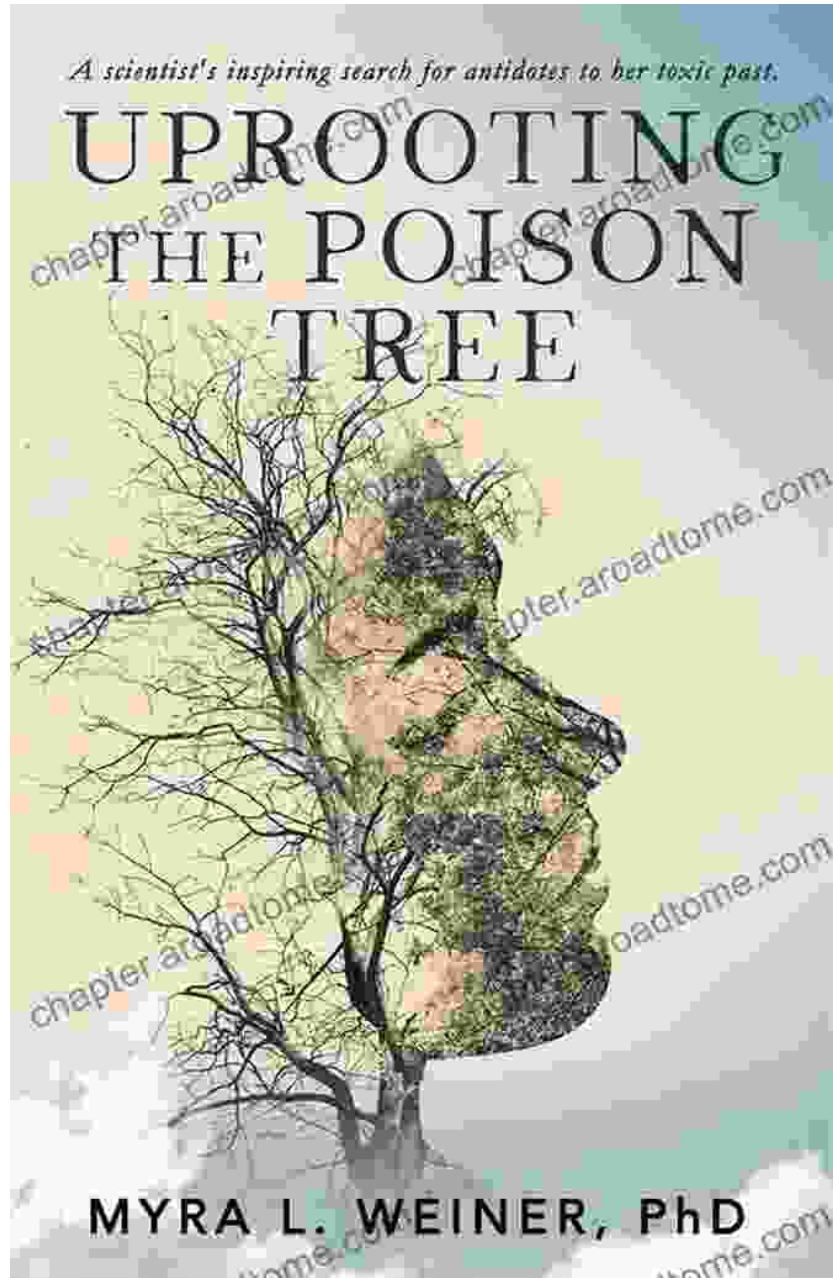
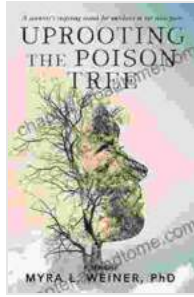


# Uprooting the Poison Tree: A Journey of Healing and Transformation



**A powerful and moving memoir about one woman's journey to heal from the traumas of her past and find freedom and joy.**

**Uprooting the Poison Tree** by Myra L Weiner



★★★★☆ 4.9 out of 5

Language : English  
File size : 6664 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 354 pages  
Lending : Enabled



Myra Weiner's life has been marked by trauma and loss. As a child, she was sexually abused by her father. As an adult, she struggled with addiction, depression, and anxiety. But through it all, she never gave up hope. In her memoir, *Uprooting the Poison Tree*, Weiner shares her story of resilience and transformation.

Weiner's journey begins in childhood. She describes the abuse she suffered at the hands of her father in graphic detail. The abuse left her feeling ashamed, worthless, and alone. As she grew older, she turned to drugs and alcohol to numb the pain. But addiction only made her problems worse.

Eventually, Weiner hit rock bottom. She lost her job, her home, and her family. But even in her darkest hour, she never gave up hope. She found the strength to get sober and to seek help for her mental health issues.

With the help of therapy and support groups, Weiner began to heal from the traumas of her past. She learned to forgive herself and to let go of the

anger and resentment that had held her back for so long. She also discovered her own inner strength and resilience.

Today, Weiner is a thriving survivor. She is a successful writer, speaker, and advocate for survivors of trauma. She has dedicated her life to helping others heal from their own traumas and to find their own path to freedom and joy.

*Uprooting the Poison Tree* is a powerful and moving memoir that will inspire anyone who has ever struggled with trauma or adversity. Weiner's story is a testament to the human spirit's ability to heal and to triumph over even the darkest of circumstances.

### **Praise for Uprooting the Poison Tree:**

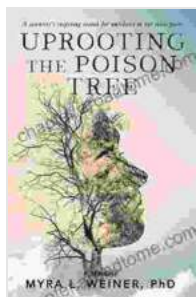
"A powerful and moving memoir about one woman's journey to heal from the traumas of her past and find freedom and joy. Weiner's story is a testament to the human spirit's ability to heal and to triumph over even the darkest of circumstances." — **Library Journal**

"Myra Weiner's memoir is a raw and honest account of her journey to heal from the traumas of her past. Her story is both heartbreaking and inspiring. It is a must-read for anyone who has ever struggled with trauma or adversity." — **Booklist**

"Weiner's memoir is a powerful reminder that even the deepest wounds can be healed. Her story is a beacon of hope for anyone who has ever been traumatized." — **Publishers Weekly**

### **About the Author:**

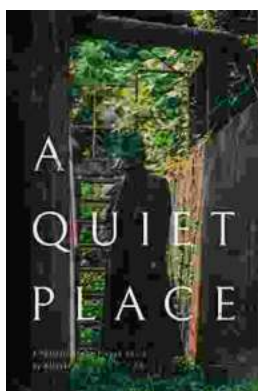
Myra Weiner is a writer, speaker, and advocate for survivors of trauma. She is the author of the memoir *Uprooting the Poison Tree*. Weiner has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Huffington Post. She lives in New York City.



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