

Things Learned From Falling: A Memoir of Resilience, Love, and the Power of the Human Spirit



Things I Learned from Falling: A Memoir by Claire Nelson

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2948 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 268 pages



In her powerful and inspiring memoir, *Things Learned From Falling*, award-winning author and speaker Jessica Zucker shares her personal journey of overcoming adversity and finding hope and healing in the face of trauma.

Jessica's story begins with a devastating fall that leaves her with a traumatic brain injury. In the aftermath of the accident, she struggles with memory loss, cognitive difficulties, and emotional turmoil. But through it all, she is determined to rebuild her life and find meaning in her pain.

With honesty and vulnerability, Jessica shares her experiences of navigating the healthcare system, dealing with insurance companies, and finding support from family and friends. She also explores the complex emotions that come with trauma, including anger, grief, and fear. But

ultimately, Jessica's story is one of hope and resilience. She learns to embrace her new reality and finds strength in her vulnerability.

Things Learned From Falling is a powerful and inspiring story that will resonate with anyone who has ever faced adversity. It is a testament to the power of the human spirit and the importance of hope and healing.

About the Author

Jessica Zucker is an award-winning author, speaker, and podcaster. She is the author of the bestselling book *I Had a Miscarriage: A Memoir, a Love Letter, and a Fight for the Future*, and the host of the popular podcast, *The Struggle Bus*.

Jessica's work has been featured in *The New York Times*, *The Washington Post*, and NPR. She has spoken at conferences and universities around the world, and her work has been translated into multiple languages.

Jessica is passionate about helping others to heal from trauma and find hope. She is a strong advocate for mental health awareness and suicide prevention.

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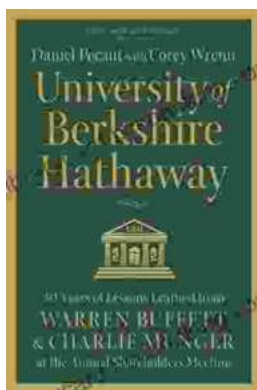


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