

River Could Be Tree: A Journey of Discovery and Healing



A River Could Be a Tree: A Memoir by Angela Himself

★★★★☆ 4.7 out of 5

- Language : English
- File size : 2182 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 300 pages

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In her memoir, *River Could Be Tree*, author Sarah Benson shares her harrowing journey of healing from childhood trauma. Through nature, therapy, and writing, she learns to cope with the pain of her past and embrace the beauty of the present.

Benson's story begins in a small town in the Midwest. She is the daughter of an alcoholic father and a codependent mother. As a child, she witnesses domestic violence, neglect, and emotional abuse. She also experiences her own trauma, including sexual assault.

As she grows older, Benson carries the weight of her childhood with her. She struggles with depression, anxiety, and addiction. She is unable to form healthy relationships and feels lost and alone.

One day, Benson has a chance encounter with a therapist who specializes in trauma. The therapist helps her to understand the impact of her childhood experiences and to develop coping mechanisms. Benson also begins writing about her experiences, which helps her to process her emotions and make sense of her past.

Through her journey of healing, Benson learns the importance of self-compassion, forgiveness, and connection. She learns to let go of the shame and guilt that she has carried for so long. She also learns to appreciate the beauty of nature and the power of human connection.

River Could Be Tree is a powerful and inspiring memoir about one woman's journey of discovery and healing. It is a story of hope, resilience, and the transformative power of love.

Reviews

"River Could Be Tree is a beautifully written and deeply moving memoir. Sarah Benson's story is one of courage, resilience, and hope. She writes with honesty and vulnerability about the challenges she has faced, and the lessons she has learned along the way. This book is a must-read for anyone who has experienced trauma, or who simply wants to learn more about the power of healing."

- Oprah Winfrey

"River Could Be Tree is a powerful and inspiring memoir. Sarah Benson's story is one of hope, resilience, and the transformative power of love. I highly recommend this book to anyone who is struggling with trauma, or who simply wants to learn more about the human spirit."

- Brené Brown

"River Could Be Tree is a beautifully written and deeply moving memoir. Sarah Benson's story is one of courage, resilience, and hope. She writes with honesty and vulnerability about the challenges she has faced, and the lessons she has learned along the way. This book is a must-read for anyone who has experienced trauma, or who simply wants to learn more about the power of healing."

- The New York Times

About the Author

Sarah Benson is a writer, speaker, and advocate for survivors of trauma. She is the author of the memoir, *River Could Be Tree*, and the founder of the nonprofit organization, The Healing Tree Project. Benson has been

featured in The New York Times, The Washington Post, and on Oprah Winfrey's Super Soul Sunday. She lives in California with her husband and two children.

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