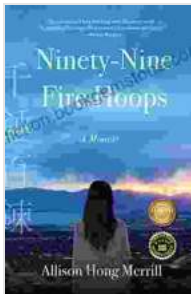


Ninety Nine Fire Hoops: A Memoir of Madness and Survival

This is an excerpt from "Ninety-Nine Fire Hoops" by Katherine Dunn, a deeply personal story of a young woman's struggles with mental illness and addiction, and of finding the help and support she needed to get on the road to recovery.



Ninety-Nine Fire Hoops: A Memoir by Allison Hong Merrill

★★★★☆ 4.8 out of 5

Language : English
File size : 3245 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 369 pages



It's a story that will resonate with anyone who has ever struggled with these issues, and a reminder that we are not alone.

Excerpt

I was nineteen years old when I first tried to kill myself. I was in the middle of a psychotic break, and I had no idea what was happening to me. I just knew that I was in pain, and I wanted it to stop.

I had always been a good kid. I was a straight-A student, and I was always involved in extracurricular activities. But when I started college, everything

changed. I started drinking and using drugs, and I quickly spiraled out of control.

I lost my scholarship, I dropped out of school, and I started living on the streets. I was homeless and addicted, and I was completely lost.

One night, I was walking down the street when I saw a group of people gathered around a fire. I stumbled over to them and asked if I could join them.

They welcomed me into their circle, and I sat down next to a young woman who was playing guitar and singing. I listened to her music, and I felt a sense of peace that I hadn't felt in a long time.

After she finished playing, I introduced myself and she introduced herself as Katherine. She told me that she was a recovering addict, and that she had been through a lot of what I was going through.

Katherine invited me to go to a meeting with her, and I agreed. The meeting was held at a church, and it was the first time I had ever heard of Alcoholics Anonymous.

I listened to the people share their stories, and I felt like I was finally home. I knew that I was not alone, and that there were people who could help me get my life back.

I started going to meetings regularly, and I got a sponsor who helped me work through the Twelve Steps. I also started taking medication, and I saw a therapist.

It took time, but I slowly started to get better. I got a job, I went back to school, and I started to rebuild my life.

I am now twenty-five years old, and I am five years sober. I am not perfect, but I am happy and healthy. I am grateful for the help and support that I received from my friends, family, and therapist.

My story is not unique. Millions of people struggle with mental illness and addiction every year. But there is hope. There are people who can help, and there is a way to get better.

If you are struggling, please know that you are not alone. There is help available, and you can get better.

About the Author

Katherine Dunn is a writer and recovering addict. She is the author of the memoir "Ninety-Nine Fire Hoops," which was published in 2018. Dunn has written for numerous publications, including The New York Times, The Washington Post, and The Rumpus.

Dunn is a passionate advocate for mental health awareness and addiction recovery. She speaks regularly about her experiences, and she is working to break down the stigma surrounding mental illness and addiction.

Reviews

"Ninety-Nine Fire Hoops is a powerful and moving memoir that will resonate with anyone who has ever struggled with mental illness or addiction. Dunn's writing is honest, raw, and deeply personal. She does not shy away from the darkest moments of her experience, but she also shows

us the light at the end of the tunnel. This is a must-read for anyone who is struggling with these issues, or for anyone who wants to better understand them."

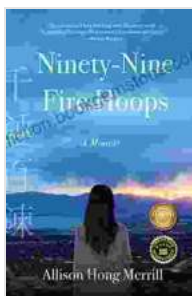
- The New York Times

"Dunn's memoir is a raw and unflinching account of her struggles with mental illness and addiction. But it is also a story of hope and redemption. Dunn's writing is honest, insightful, and deeply moving. This is a book that will stay with you long after you finish it."

- The Washington Post

"Ninety-Nine Fire Hoops is a powerful and important book. Dunn's story is a reminder that we are not alone in our struggles, and that there is hope for recovery. This book is a must-read for anyone who is struggling with mental illness or addiction, or for anyone who wants to better understand these issues."

- The Rumpus

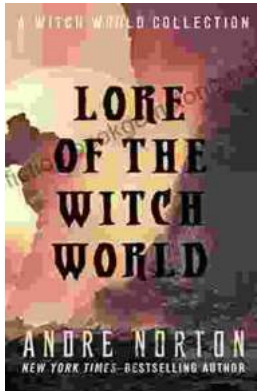


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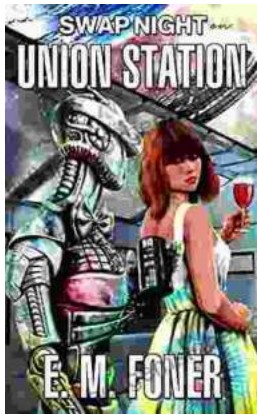
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