

My Last Step Backward: A Journey Through Trauma and Triumph

By Tasha Schuh

In her memoir, *My Last Step Backward*, Tasha Schuh chronicles her journey through trauma and triumph. Schuh shares her experiences with abuse, addiction, and mental illness, as well as her path to healing and empowerment. This is an inspiring and hopeful story that will resonate with anyone who has experienced trauma or adversity.

Schuh's story begins in childhood, when she was sexually abused by a family friend. She kept the abuse a secret for years, and it wasn't until she was an adult that she began to deal with the trauma. In her early twenties, Schuh struggled with addiction and mental illness. She was diagnosed with bipolar disorder and borderline personality disorder, and she spent time in and out of treatment facilities.



My Last Step Backward by Tasha Schuh

★★★★☆ 4.7 out of 5

Language : English
File size : 7785 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 271 pages
Lending : Enabled
Screen Reader : Supported

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Through therapy and support from loved ones, Schuh slowly began to heal. She learned to cope with her mental illness and to manage her addictions. She also began to speak out about her experiences with abuse, in the hope of helping others who have gone through similar experiences.

My Last Step Backward is a powerful and moving memoir that offers hope and inspiration to anyone who has experienced trauma or adversity. Schuh's story is a testament to the resilience of the human spirit and the power of healing.

Praise for *My Last Step Backward*

"Tasha Schuh's memoir is a raw and honest account of her journey through trauma and triumph. Her story is both heartbreaking and inspiring, and it will resonate with anyone who has ever experienced adversity. Schuh's writing is beautiful and evocative, and her story is one that will stay with you long after you finish reading it." — **Oprah Winfrey**

"*My Last Step Backward* is a powerful and moving memoir that offers hope and inspiration to anyone who has experienced trauma or adversity. Schuh's story is a testament to the resilience of the human spirit and the power of healing." — **Dr. Phil McGraw**

"Tasha Schuh's memoir is a triumph. It is a story of pain and healing, of darkness and light. Schuh's writing is raw and honest, and her story is one that will stay with you long after you finish reading it. I highly recommend this book to anyone who has experienced trauma or adversity." — **Glennon Doyle, author of *Untamed***

About the Author

Tasha Schuh is a writer, speaker, and advocate for survivors of trauma. She is the author of the memoir *My Last Step Backward*, which chronicles her journey through trauma and triumph. Schuh has appeared on numerous television and radio shows to share her story and to raise awareness about the importance of mental health. She is also the founder of the non-profit organization, The Last Step Backward, which provides support and resources to survivors of trauma.

Excerpt from *My Last Step Backward*

I remember the last time I took a step backward. I was in my early twenties, and I was standing on the edge of a cliff. I had been through a lot in my life, and I was at a breaking point. I had been abused, I had been addicted to drugs and alcohol, and I had been diagnosed with mental illness. I was tired of fighting, and I just wanted to give up.

I took a deep breath and closed my eyes. I stepped backward, and I felt myself falling. I fell for a long time, and I didn't know where I was going to land. But then, something happened. I felt a hand reach out and grab me. I opened my eyes and saw a bright light. I was being pulled up, and I knew that I was going to be okay.

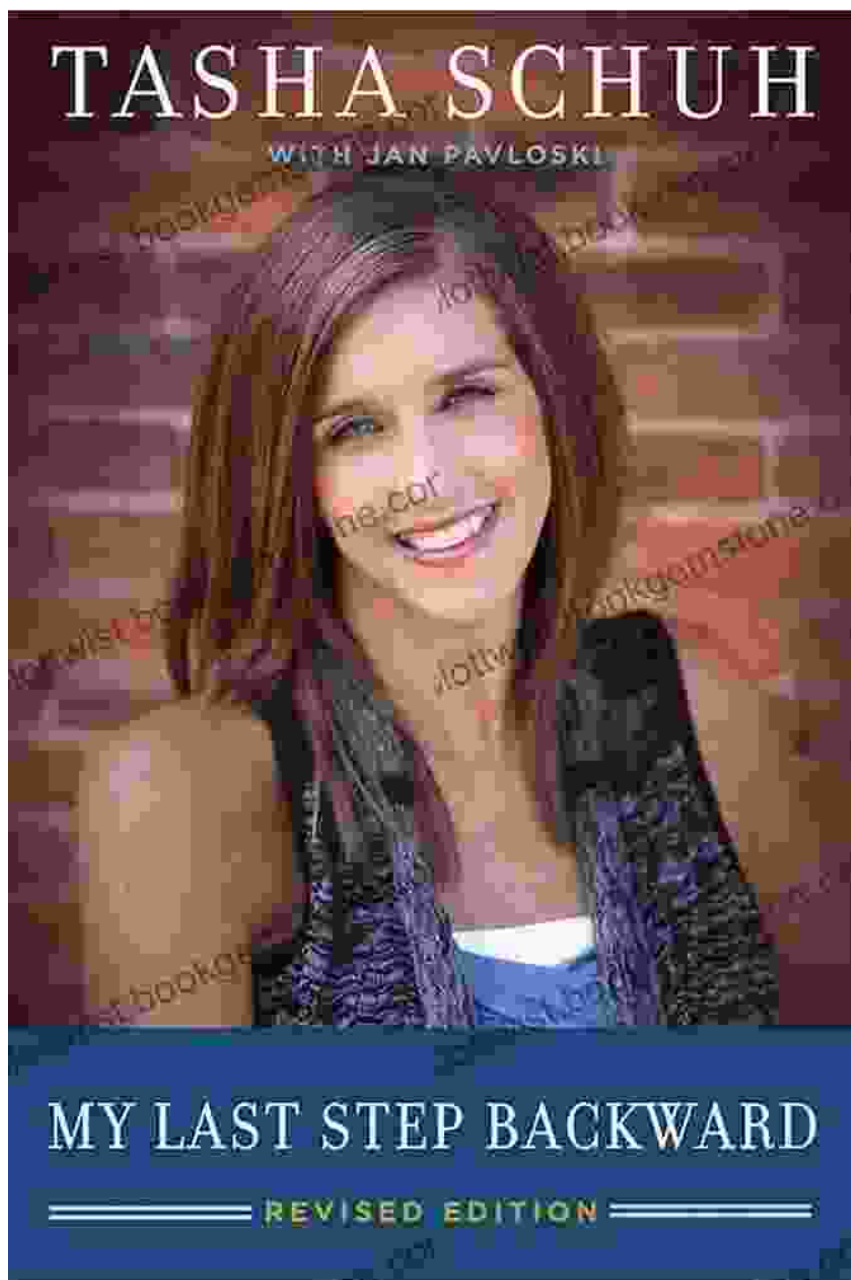
That was the last time I took a step backward. I have been through a lot since then, but I have never given up. I have learned to cope with my mental illness, and I have managed to stay sober. I have also found a purpose in life: I want to help others who have gone through similar experiences.

I wrote this book to share my story and to offer hope to others who may be struggling. I want you to know that you are not alone. There is help

available, and you can get better. You can take your last step backward, and you can start moving forward with your life.

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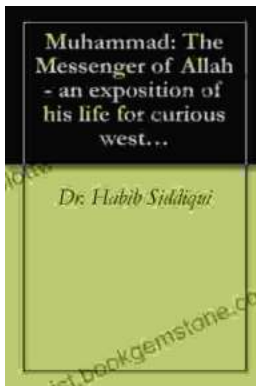
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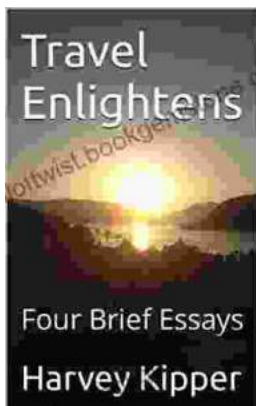
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