

My Own Blood: A Memoir of Recovery and Resilience

In *My Own Blood*, Bill Clegg tells the story of his long and arduous journey from addiction to recovery. Born into a wealthy family in New York City, Clegg seemed to have everything going for him. He was handsome, intelligent, and successful. But beneath the surface, Clegg was struggling with a deep-seated addiction to drugs and alcohol.

For years, Clegg's addiction spiraled out of control. He lost his job, his friends, and his family. He was homeless and living on the streets. But even at his lowest point, Clegg never gave up hope. He knew that he had to get clean and sober, and he was determined to do whatever it took to turn his life around.



My Own Blood: A Memoir by Ashley Bristowe

★★★★☆ 4.7 out of 5

Language : English
File size : 4971 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 418 pages
Screen Reader : Supported



With the help of a therapist and a support group, Clegg began to rebuild his life. He found a job, got his own apartment, and started to reconnect with

his family and friends. But recovery was not easy. Clegg had to face his demons head-on and learn how to cope with his addiction triggers.

In *My Own Blood*, Clegg shares his inspiring story of recovery and resilience. He writes about the challenges he faced, the lessons he learned, and the hope that he found along the way. Clegg's memoir is a testament to the power of the human spirit and the importance of never giving up on hope.

Reviews

"My Own Blood is a powerful and moving memoir about addiction and recovery. Bill Clegg writes with honesty and candor about his own struggles, and his story is both heartbreaking and inspiring. This is a must-read for anyone who has been affected by addiction or who is struggling to overcome a difficult life challenge." - *The New York Times*

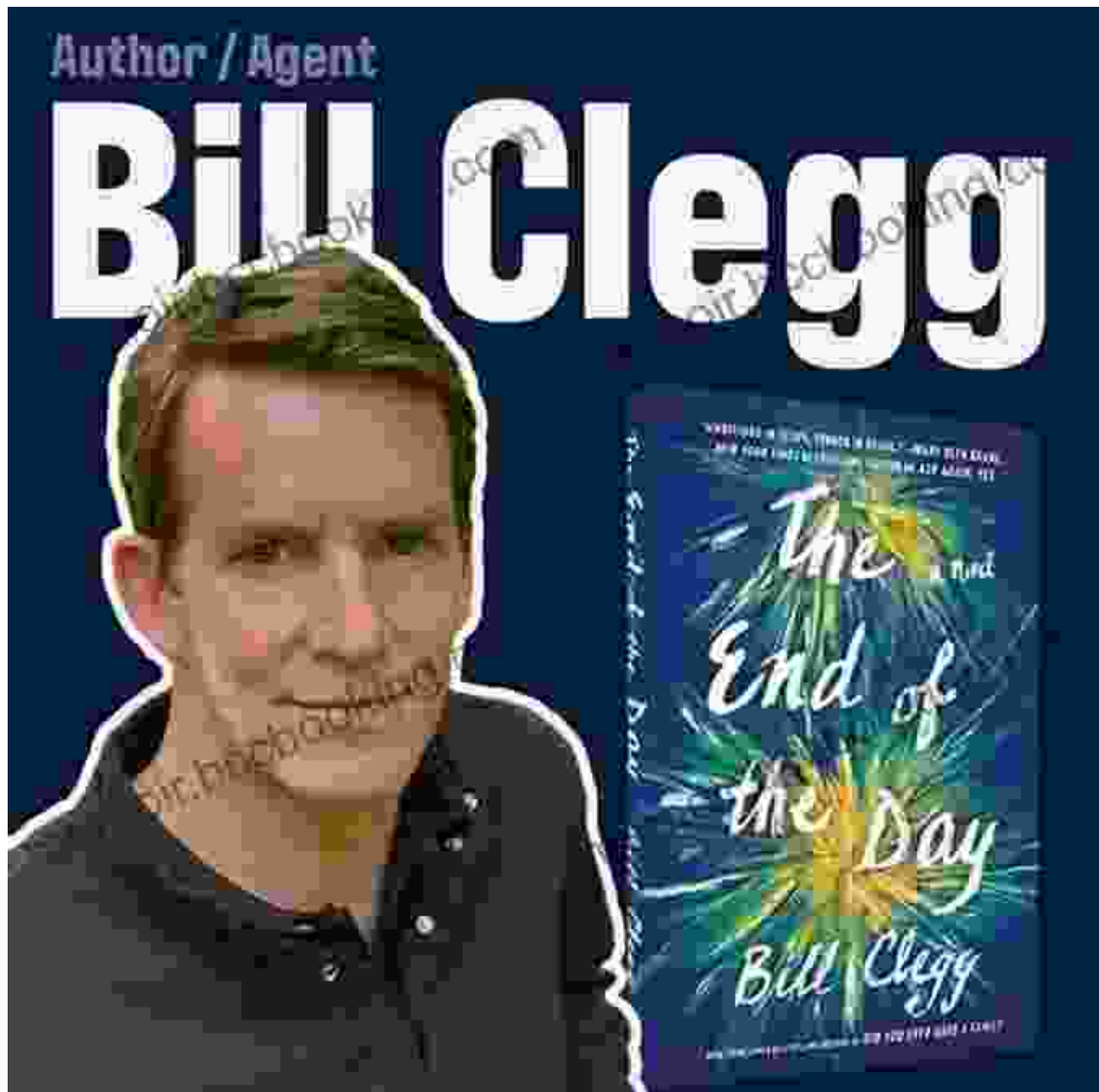
"Bill Clegg's *My Own Blood* is a raw and unflinching account of his addiction to drugs and alcohol. But it is also a story of hope and redemption. Clegg writes with honesty and compassion about his journey to recovery, and his memoir is a powerful reminder that even in the darkest of times, there is always hope." - *The Washington Post*

"My Own Blood is a beautifully written and deeply moving memoir. Bill Clegg's story of addiction and recovery is both heartbreaking and inspiring. This is a must-read for anyone who has ever struggled with addiction or who has loved someone who has." - *People*

Author Bio

Bill Clegg is the author of the novels *Prayers for the Stolen*, *The End of the Line*, and *Did You Ever Have a Family*. He is also the author of the memoir *Portrait of an Addict as a Young Man*. Clegg has written for *The New York Times Magazine*, *The New Yorker*, and *Esquire*. He is a graduate of Yale University and the Iowa Writers' Workshop.

Clegg lives in Brooklyn, New York, with his wife and two children.



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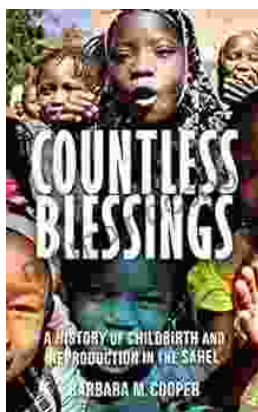
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