

Blooming

author: Carrington Smith

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Synopsis

author	Carrington Smith
readBy	Carrington Smith
inLanguage	english

Are you a little too comfortable with self-loathing? Tired of feeling like you are not enough? This book is for you. Carrington Smith spent a lifetime trying to be someone else “to fit in, to be loved, to keep the peace, and to make others happy. Until finally, Carrington discovered that her own path to happiness wasn’t based on fitting in but on standing out” celebrating her uniqueness and owning her past.

Candid and raw, *Blooming* takes you on a treasure hunt to discover the gifts in the shit. Shit is quite literally fertilizer. It is in the messes, failures, trauma, and difficulties of life that we discover what we need to bloom into our greatness. From trauma to triumph, through the depths of sexual assault, religious mind-f--kery, family rejection, body dysmorphia, midlife metamorphosis, physical scarring, and death into happiness, forgiveness, empathy, purpose, belonging, and joy, *Blooming* is a poignant, powerful account of finding your way through the shit.

Reader's comments

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