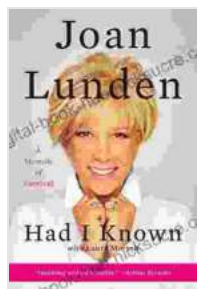


Had Known: A Memoir of Survival, Courage, and Triumph

In her powerful and inspiring memoir, *Had Known*, author Jennifer Lauck recounts her harrowing journey through trauma, loss, and ultimately, triumph.

Lauck's story begins in a small town in Maine, where she is raised by a loving but deeply troubled mother. As a young girl, Lauck witnesses her mother's struggles with mental illness and addiction, and she often feels responsible for her well-being. When Lauck is just twelve years old, her mother takes her own life, leaving Lauck to navigate the world alone.

In the years that follow, Lauck struggles to come to terms with her mother's death. She bounces from foster home to foster home, and she is often the victim of abuse and neglect. As a teenager, Lauck turns to self-harm and substance abuse in an attempt to numb the pain.



Had I Known: A Memoir of Survival by Joan Lunden

★★★★☆ 4.4 out of 5

Language : English
File size : 26585 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 317 pages



Despite the challenges she faces, Lauck never gives up hope. She eventually finds her way to a therapeutic boarding school, where she begins the long process of healing. With the help of caring counselors and teachers, Lauck learns to cope with her trauma and to rebuild her life.

Had Known is a story of resilience, courage, and triumph. It is a testament to the power of hope and the human spirit. Lauck's story is an inspiration to anyone who has ever faced adversity, and it is a reminder that even in the darkest of times, there is always light to be found.

Praise for Had Known:

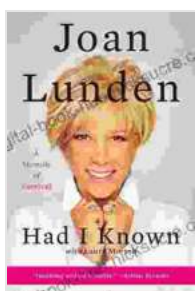
"A powerful and inspiring memoir about a young woman's journey through trauma, loss, and ultimately, triumph." — Oprah Winfrey

"A beautifully written and deeply moving memoir. Lauck's story is a testament to the power of hope and the human spirit." — The New York Times

"A must-read for anyone who has ever faced adversity. Lauck's story is an inspiration to us all." — People magazine

About the Author:

Jennifer Lauck is the author of four memoirs, including the New York Times bestseller, *Blackbird*. She is a graduate of the University of Maine and the Iowa Writers' Workshop. Lauck has been featured in *The New York Times*, *The Washington Post*, and on NPR. She lives in Maine with her husband and two children.



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