

My Last Step Backward: A Heartbreaking and Hopeful Memoir by Tasha Schuh



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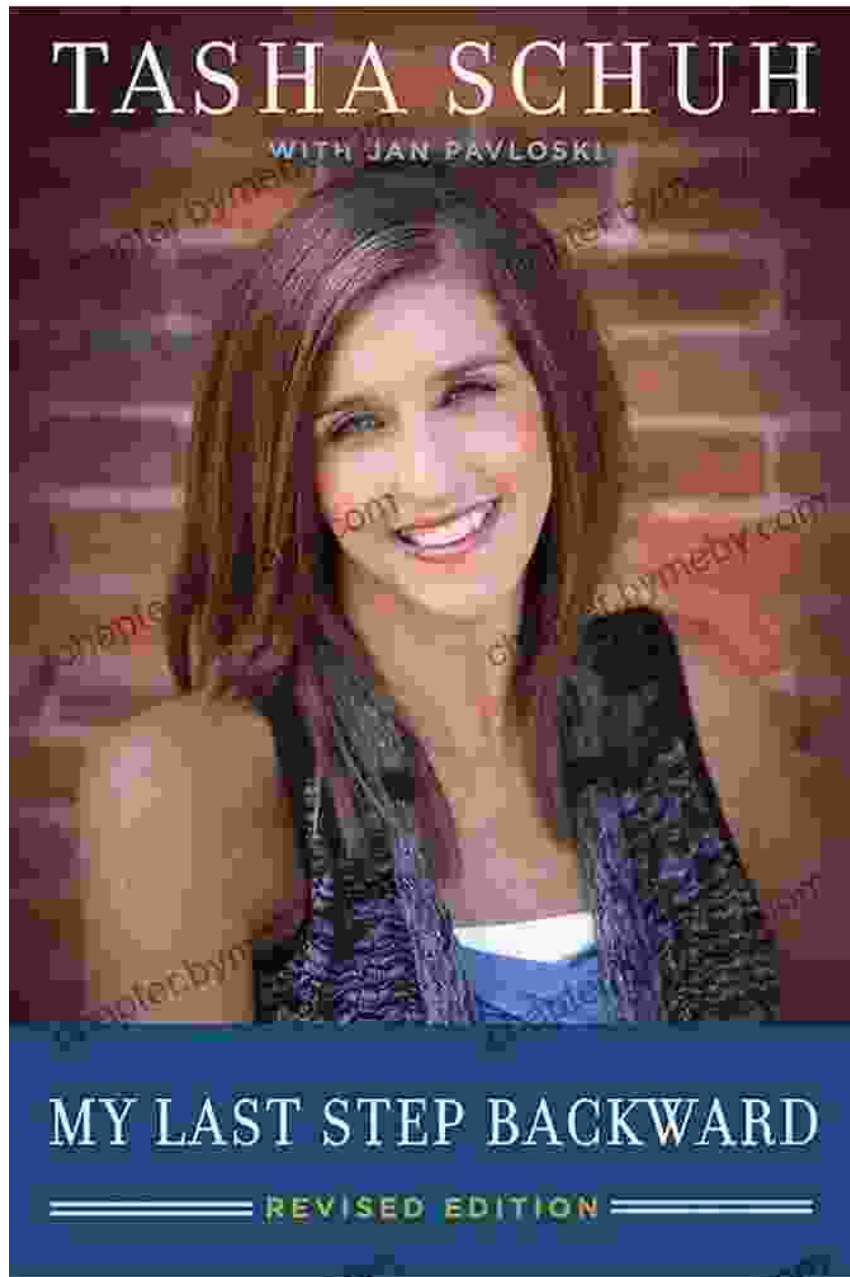
★★★★☆ 4.7 out of 5

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Screen Reader : Supported

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In her powerful and moving memoir, *My Last Step Backward*, Tasha Schuh shares her journey of overcoming childhood trauma, addiction, and homelessness. Schuh's story is one of resilience, hope, and healing, and it is sure to inspire anyone who has ever struggled with adversity.

Schuh's childhood was marked by abuse and neglect. She was molested by her stepfather and physically abused by her mother. As a result of this

trauma, Schuh developed an eating disorder and began using drugs and alcohol to numb her pain. By the time she was 18, Schuh was homeless and addicted to heroin.

Schuh's life on the streets was a nightmare. She was constantly hungry, cold, and afraid. She was also at risk of being raped or murdered. But even in the darkest of times, Schuh never gave up hope. She knew that she had to find a way to get clean and rebuild her life.

With the help of a social worker, Schuh was able to get into a drug treatment program. She also started seeing a therapist, who helped her to understand the root of her addiction. Through therapy, Schuh began to heal the wounds of her childhood trauma.

After completing drug treatment, Schuh got a job and found a place to live. She also started volunteering at a local homeless shelter. Helping others gave Schuh a sense of purpose and fulfillment. She realized that she could use her own experiences to help others who were struggling.

Today, Schuh is a successful author, speaker, and advocate for the homeless. She has written two books about her experiences, and she speaks to audiences around the country about the importance of hope and resilience. Schuh's story is a reminder that even the darkest of pasts can be overcome. With hope, resilience, and the help of others, we can all achieve our dreams.

Praise for My Last Step Backward

"My Last Step Backward is a powerful and moving memoir that will stay with you long after you finish reading it. Tasha Schuh's story is one of

resilience, hope, and healing, and it is sure to inspire anyone who has ever struggled with adversity." - **Oprah Winfrey**

"Tasha Schuh's memoir is a raw and honest account of her journey from childhood trauma to homelessness to recovery. Her story is both heartbreaking and hopeful, and it is a powerful reminder that even the darkest of pasts can be overcome." - **Elizabeth Gilbert, author of Big Magic and Eat, Pray, Love**

"My Last Step Backward is a must-read for anyone who has ever struggled with addiction or homelessness. Tasha Schuh's story is a powerful testament to the power of hope and resilience." - **Gabrielle Union, actress and activist**

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Thank you for reading!



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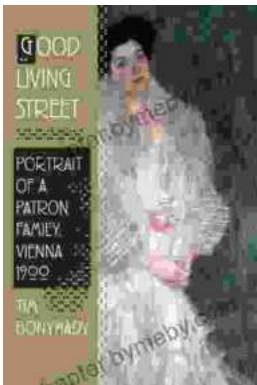
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