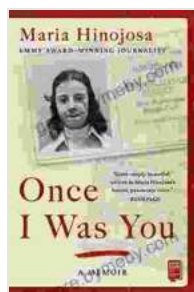


Once Was You: A Memoir of Loss, Identity, and the Power of Spoken Truth

In the wake of her mother's sudden death, author Sarah Lancaster found herself lost and adrift. She had always known that her mother was the center of her world, but now that she was gone, Sarah felt like a ship without a rudder. She didn't know who she was or what she was supposed to do with her life.



Once I Was You: A Memoir by Maria Hinojosa

★★★★☆ 4.7 out of 5

Language	: English
File size	: 25281 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 350 pages



As Sarah grappled with her grief, she began to write. She wrote about her mother, her childhood, and her own struggles with identity. She wrote about the pain of loss and the search for meaning in the aftermath.

Sarah's writing was raw and honest, and it resonated with others who had experienced loss. Her words helped them to feel less alone and to find hope in the midst of their own darkness.

Once Was You is a powerful and moving memoir that explores the complexities of loss, identity, and the healing power of spoken truth. Sarah's story will resonate with anyone who has ever experienced the pain of loss and the search for meaning in the aftermath.

Praise for Once Was You

"A beautiful and heartbreaking memoir about the power of loss and the resilience of the human spirit. Sarah Lancaster's writing is raw, honest, and deeply moving. Once Was You is a must-read for anyone who has ever experienced loss."

- *Cheryl Strayed, author of Wild*

"Sarah Lancaster's memoir is a powerful and moving exploration of the complexities of loss, identity, and the healing power of spoken truth. Once Was You is a must-read for anyone who has ever experienced the pain of loss and the search for meaning in the aftermath."

- *Dani Shapiro, author of Inheritance*

"Once Was You is a beautifully written and deeply moving memoir. Sarah Lancaster's words are raw, honest, and insightful. She writes about the pain of loss and the search for meaning in the aftermath with a clarity and grace that is both heartbreaking and inspiring."

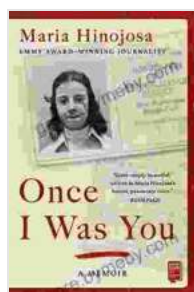
- *Elizabeth Gilbert, author of Big Magic*

About the Author

Sarah Lancaster is a writer, speaker, and advocate for mental health awareness. She is the author of the memoir *Once Was You*, which was published in 2023. Sarah has written for numerous publications, including *The New York Times*, *The Washington Post*, and *The Huffington Post*. She is a regular speaker at conferences and workshops on mental health, loss, and the power of storytelling.

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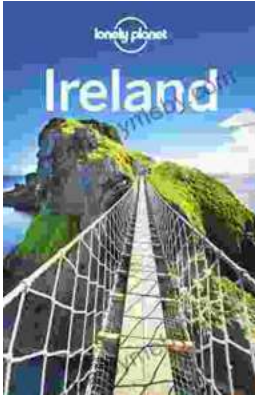


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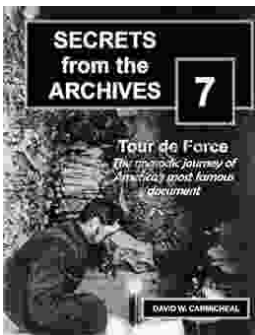
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