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Story of Abuse and Recovery Offers Hope to Readers

March 1, 2010 – Detroit, MI – Her nickname is “Sunshyne” because of her radiant smile and sparkling eyes and just by looking at her you would never know what heartbreak and abuse she has suffered, many times at the hands of people she trusted the most.

Author Emma Avery debuts her first book, *Bittersweet: A Story of Abuse and Recovery*.

Hot off the press and just in time to celebrate **March as National Disabilities Awareness Month**, Emma has finally finished her lifelong dream of writing a book.

“It is so gratifying to know that my story is finally being told,” said Detroit resident Avery. “My book will make you laugh and cry but also gives hope to not only people with disabilities but to anyone who has suffered heartbreak and abuse. I am living proof that miracles do exist!”

At the age of 16, Emma was a track star with a promising future ahead of her but her life was changed forever when she climbed into the back seat of a family car. As they were on the way to a funeral, the car was hit by a train, severing both of her legs.



“Of course I was devastated and it took years for me to really recover but through it all my faith in the Lord got me through the toughest times in my life. Now I want to share my story with people so they know there is light at the end of the tunnel and that there is hope, no matter what.”

Emma’s book was made possible in part through Community Living Services foundation, Friends of CLS. CLS is funded through the Detroit-Wayne County Community Mental Health Agency. For more information, visit our web site at www.comlivserv.com



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