

FRACTURED

From the outside looking in, Elizabeth had the *perfect* life. She had a family who loved her, numerous friends, and a successful career. No one knew the hurt, pain, and angst she hid inside, struggling to keep herself small so those around her would still like her.

It all came to a head on October 23, 2007, when her parents received a call that she was lying lifeless in the ICU in a hospital in Utah—"You better get out here, your daughter is not going to make it." *Fractured: My Journey Back from Death and the Lessons I've Learned Along the Way* is the memoir of Elizabeth's recovery, spiritually, physically, mentally and emotionally. It is about her deliberate decision to begin the hard work of finding and using her voice and the struggle to break out of the box that society tried to keep her in.

This is the story of what happens when one woman stared death in the face and decided to make a conscious choice to not go back to sleep, but to wake up and live the life she knew she was meant to live.



ELIZABETH ANTONUCCI

is the founding director of the nonprofit company Step Up Chicago Playwrights and is on its advisory board. Through her charitable and nonprofit work and this book, she aims to share her experiences, promote acceptance and self-love, and help others find their authentic voice. Elizabeth lives in Clovis, California, with her fiancé, Brian.

RETAIL PRICE \$16.95

ISBN 978-0-9989104-0-6

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