



# Fractured: My Journey Back from Death and the Lessons I've Learned Along the Way

## Synopsis:

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 not to go back to sleep, but to wake up and live the life she knew she was meant to live.

## Key Themes:

- **Recovery after fatal car accident** - In 2007, Elizabeth was in a fatal car accident that left her with a broken neck, shoulder, arm, and ankle.
- **Healing Physically** - Rehabilitation at The Rehabilitation Institute of Chicago. Occupational, Physical, and Speech therapy.
- **Healing Emotionally & Spiritually** - Elizabeth worked with many different doctors, spiritual healers, mediums, and therapist to heal after multiple traumas.
- **Body Image & Beauty** - Like many women, Elizabeth struggled with body image from a young age. Always comparing herself to others and never thinking she was good enough.
- **Eating Disorder** - At age 14, Elizabeth tried diet pills which opened up a 15 year struggle with diet pills, anorexia, and eating disorders.
- **Rape on College Campus** - Freshman year, Elizabeth was raped on her college campus and her rapist walked without punishment.
- **Theater** - How Elizabeth's passion for theater helped her find her voice not only as an artist but as a woman in this world.
- **Finding Your Voice** - Elizabeth's journey to stand in her power, use her voice authentically, trust herself and communicate fully.

## Genre:

- **Non-Fiction**
  - **Self-Help**
  - **Memoir**
  - **Teaching Memoir**