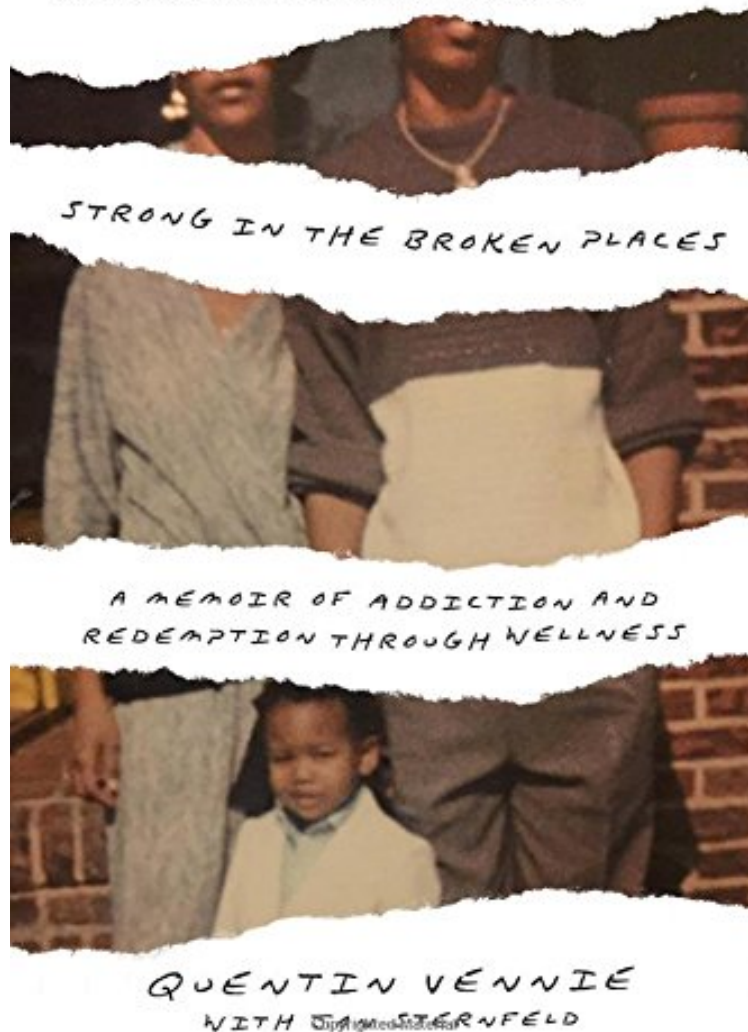


Strong in the Broken Places: A Memoir of Addiction and Redemption Through Wellness

Quentin Vennie, Jon Sternfeld

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"This memoir is a magnificent, compelling read that is worth the time to be read, absorbed, and understood."
—WES MOORE, *New York Times* bestselling author of *The Other Wes Moore* and *The Work*



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Quentin Vennie, Jon Sternfeld : Strong in the Broken Places: A Memoir of Addiction and Redemption Through Wellness before purchasing it in order to gauge whether or not it would be worth my time, and all praised Strong in the Broken Places: A Memoir of Addiction and Redemption Through Wellness:

0 of 0 people found the following review helpful. Inspiring! By TennilleA wonderful and powerful story about coming

out of the darkest places into a life on purpose. A life of light, fulfillment and service. A great story that I will never forget. 2 of 2 people found the following review helpful. Incredible Tale of A Young Life By BusyMom This was an incredible tale of overcoming addiction, poverty and finding one's self in the midst of the darkest time of a life, Quentin Vennie's life to be exact. He grew up in Baltimore. He saw his father succumb to drug addiction and eventually going to jail; his relationship with his father was strained for years, if it was existent at all. His mother worked two jobs at once to maintain the household. Vennie eventually went graduated from high school, having felt alienated from his classmates in school. He did discover his talent for writing during his school years. Once he graduated high school, he entered a world of drug dealing, then addiction and eventual recovery from his addiction, and this is his story. I dread reading this book. I am in the midst of another book about drug addiction and that book, while wonderfully written, was harsh in its telling. I was expecting the same format for this book, but to my relief, this is an easier read, though painful at times. He was honest in his sharing of his ordeal. He didn't blame anyone for his issues, though he did share his thoughts about why it happened. And he was honest about his eventual path in life. I don't "enjoy" this book, as it is hard to read emotionally, but I do appreciate his courage and honesty. It gives me an insight on what goes in an addict's mind and thoughts. I am glad that I took a chance to read this one. It is powerful in its story and a must-read for anyone who enjoys memoirs. 2 of 2 people found the following review helpful. "Train up a Child in the Way He Should Go: And When He is Old, He Will Not Depart from It" from Proverbs 22:8 By Sylviala

Quentin Vennie has led an interesting life with plenty of disadvantages in life. By reading his autobiography, Quentin Vennie has battled his own demons such as his relationship with father; drug addiction and a career in drug dealing. Quentin Vennie shouldn't still be alive after all he's been through but he has survived his disadvantages and become an advocate for healthy living with his yoga and juicing. You wouldn't know from reading his life. Yoga and juicing saved his life and gave a purpose in living. Quentin Vennie started out with a strong single mother and estranged from his drug addicted father. He would spend his childhood visiting his father in prison and living in Baltimore, Maryland. Quentin doesn't shade his life especially his drug activities in dealing them before he found yoga and juicing. After battling his drug addiction with prescription drugs, he found juicing and yoga. This book isn't just about how he found yoga and juicing. It is about Quentin Vennie's complicated life from his beginning to the present. He provides recipes for juicing and yoga exercises. Quentin Vennie recalls his life as a child and spending visits with his father in prison. He recalls painful memories with candid and honesty. This book starts slowly but gains momentum until the end of the book. This book is a frank, candid and honest look at a man's life. Quentin Vennie doesn't shy away from his past or his present. He is quite courageous to write such a candid book about his life.

Quentin Vennie shouldn't be alive? he has walked a path that many don't live long enough to write about. Growing up in Baltimore, he was surrounded by nothing but dead ends. Statistics mapped out his future, and he grew hostile toward a world that viewed him with suspicion and disdain. He's been shot at, sold drugs up and down the East Coast, lingered on the brink of incarceration, and stared down death more than once. Haunted by feelings of abandonment and resentment, he struggled with chronic anxiety and depression and battled a crippling prescription drug addiction. The day he contemplated taking his life was the day he rediscovered his purpose for living. Vennie's survival depended upon his finding a new path, but he didn't know where to turn? his doctor was concerned only with prescribing more medication. Vennie refused, and in a desperate attempt to save his own life, decided to pursue a journey of natural healing. After researching a few self-healing methods, he immediately bought a juicer from an all-night grocery store. He started juicing in the hopes that it would help him repair his body and clear his mind. He jumped headfirst into the world of wellness and started incorporating yoga and meditation into his life. This "wellness trinity" helped him cut back on and then quit the many medications he was on, overcome his addictions, and ultimately, transform his life while inspiring others to find their own unique path to wellness. Strong in the Broken Places is the harrowing story of Vennie's life, the detours that almost ended it, and the inspiring turns that saved it. The odds were stacked against him, but he was able to defy expectations and claw his way out on his own terms. He is living proof that during our weakest moments, we have the power and ability to unlock unimaginable strength.

"Quentin Vennie's life serves as an unfiltered, authentically beautiful guide on how to overcome vices in order to achieve victories. The raw storytelling pushes readers to consider how we can all change our lives for the better. This memoir is a magnificent, compelling work that needs to be read, absorbed, and understood." - Wes Moore, New York Times bestselling author of *The Other Wes Moore* and *The Work*

Quentin Vennie is a beautiful leader in the personal growth movement. Through his authentic and honest story you can recognize your own struggles and find the path to recovery. Quentin is a soulful teacher who is lighting up the world!

Gabrielle Bernstein, #1 New York Times bestselling author

We always hear stories about the young black men sucked up by the crack era? locked away in prisons or buried by the time they pass puberty, but what about the ones that make it out? Quentin Vennie fills that void with a brilliant tale of redemption that has the ability to inspire people from all walks of life. Strong in the Broken Places is a riveting memoir, that forces us to challenge the status quo by examining our own flaws and being

brave enough to change them. I highly recommend this book to anyone in search of bettering themselves.”
D Watkins, New York Times bestselling author of *The Cook Up* and *The Beast Side* About the Author
Quentin Vennie is a wellness expert, speaker, and mental health advocate. After years of struggling with poverty, anxiety, depression, and addiction on the streets of Baltimore, he set out on a journey to heal himself. He was able to do so through his Trinity of Wellness system—a combination of yoga, meditation, and fruit and vegetable juices. He has written for the Huffington Post, MindBodyGreen, Thrive Global, Mantra Yoga + Health magazine, and more. He lives in New Jersey.
Jon Sternfeld is a writer whose work includes *Crisis Point: Why We Must—and How We Can—Overcome Our Broken Politics in Washington and Across America* with Senators Trent Lott and Tom Daschle and *A Stone of Hope: A Memoir*, with Jim St. Germain. He lives in New York.