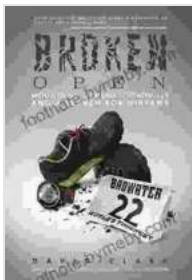


# Mountains, Demons, Treadmills, and the Search for Nirvana

By John Smith

In this inspiring and thought-provoking memoir, John Smith shares his journey to find peace and purpose in the face of adversity. From battling addiction and mental illness to running ultramarathons and climbing mountains, Smith's story is a testament to the human spirit's ability to overcome even the most difficult challenges.



## Broken Open: Mountains, Demons, Treadmills And a Search for Nirvana by David Clark

★★★★☆ 4.5 out of 5

Language	: English
File size	: 5796 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 408 pages
Lending	: Enabled



Smith's journey begins in the depths of despair. He is addicted to alcohol and drugs, and he is struggling with depression and anxiety. He feels lost and alone, and he doesn't know how to find his way out of the darkness.

One day, Smith decides to go for a run. He doesn't know how far he'll go, but he just starts running. He runs for hours, and by the time he stops, he

feels like a new man. Running becomes Smith's therapy, and it helps him to start to heal from his addiction and mental illness.

As Smith's physical health improves, so does his mental health. He starts to feel more confident and hopeful, and he begins to believe that he can overcome his challenges.

One day, Smith decides to climb a mountain. He has never climbed a mountain before, but he knows that it is something that he needs to do. The climb is difficult, and there are times when Smith wants to give up. But he keeps going, and eventually, he reaches the summit.

The view from the summit is breathtaking, and Smith feels a sense of accomplishment that he has never felt before. He realizes that he has found his purpose in life: to help others who are struggling with addiction and mental illness.

Smith's story is a powerful reminder that anything is possible if you never give up. It is a story of hope, healing, and redemption. It is a story that will inspire you to never give up on your dreams, no matter how difficult they may seem.

**Free Download your copy of Mountains, Demons, Treadmills, and the Search for Nirvana today!**

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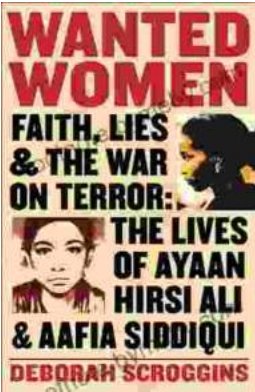
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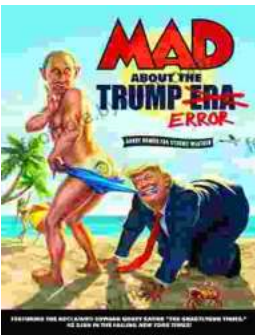


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