



## Scars from a Memoir

*Marni Mann*

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"I could make up a story to cover the last eight years, but the scars on my arms told the truth. So did the ones on my ankles, the skin between my toes, even the veins that had burst on my breasts. Did my battle wounds really prove I was a survivor? Or was I too damaged to be glued back together?"

Nicole had only one skyline to remind her of the freedom she'd lost—a tattoo of inked buildings, crisscrossed by scars. Heroin had owned her, replaced everyone and everything she'd once loved. The past was supposed to be behind her...but it wasn't.

Two men love her; one fills a void, and the other gives her hope of a future. Will love find a way to help her sing a lullaby to addiction, or will her scars be her final good-bye?

## Scars from a Memoir Details

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Author : Marni Mann

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# From Reader Review Scars from a Memoir for online ebook

## Debbie says

I received a copy of this book from the author in exchange for an honest review.

This was the sequel to Memoir's Collection. This novel focuses on the recovery of an addict, how her family and friends deal with her addiction and the aftermath of the tragic events that led to rehab.

I was literally blown away at how well this book captured the horrendous life of a drug addict. Told with such emotion and backed up by the awesome writing of Marni Mann, this book was deeply sad, but so worth the read. If you ever wanted to know what it is like to be a drug addict or have a loved one who was one, this is the book for you. This book takes you down the dark streets, the horrible friends, the lies and the life torn apart. A true amazing memoir I won't soon forget.

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## Jamie Roberts says

Wow! I'm **ABSOLUTELY IN LOVE** with Marni's Memoir series!

*"Heroin's voice woke me in the middle of every night and early in the morning. It was the silence between my breaths."* - Nicole, Scars from a Memoir

Many times when I read a book sequel, I feel a little disappointed with the story in the end. Many books that I've read lately tend to easily lose it finesse or they become too predictable and redundant. I usually end up skimming 15-30% of a sequel just to get it read quickly, mostly to satisfy my curiosity on what will happen in the end. However, this story did the complete opposite for me... I read every single word of every line on every page in it's complete entirety. I literally just could not put this book down!

I highly recommend this author! If you're new to reading books on addiction/drug dependence, start with this series first. You will NOT be disappointed! This book shares more than just one girl's horrific battle with drug addiction alone. It also shows the reader how everyone associating with an addict can quickly become negatively affected by the addict's choices as well.

I give the entire Memoir series **5 SERIOUSLY ADDICTING STARS!** :)

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## Mary says

I really liked this book. I've never struggled with drug addiction, but I'm a social worker and have worked with Veterans who struggle to stay clean and sober. The book was so realistic in describing the internal daily struggle with making the decision to use or not. I was very impressed with the story. The only part I didn't like was the end. In my opinion, I would have preferred a different ending.

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## **Jamie Boothe says**

I read this sequel with excitement flowing through my veins as I connected more with Nicole and her struggles. I can't even begin to tell you how much this book has touched my heart and my soul. This is a written work very well deserving of some awards of the highest standards. How I relate to Nicole in this book is astounding and numerous times I felt tears flow from my eyes as I was touched emotionally and spiritually. Marni Mann is an expert and I have declared her to be one of my all time favorite authors. These two books from her has inspired me to continue writing in my works but more importantly to work harder in my recovery. I am forever grateful Marni Mann and I look forward to your next book!! PLEASE continue blessing the world with your fabulous work. :-)

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## **Michelle-- Fawn & Fern Books says**

Nothing short of fabulous.

Like I said about the first book, *Memoirs Aren't Fairytales*, this book is so well written it's hard to believe it isn't true. The second novel starts out when Nicole graduates rehab 90 days sober and begins her life again.

Marni Mann doesn't lose Nicole's voice in this novel. Each event is so realistic, and the this author is NOT afraid to throw death and harsh reality into her books. I can't stress enough that I was completely entranced with these two books.

There is one clear reason why I enjoyed this more than other addiction novels. That is that Nicole made it through years of being sober without relapsing. Nothing is worse than hoping a character makes it through, but you're stuck continuously reading about a relapse, without much else happening. I know that it's realistic, but I feel the author did a superb job making other events happen in this novel that I didn't expect at all. Like love....and death.

I won't give you any other spoilers, but I want to say one thing. YOU WILL ENJOY THIS BOOK.

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## **Kathryn says**

When I read *Memoirs Aren't Fairytales* by Marni Mann something about the story gripped me immediately and didn't let me go until I had devoured the book in a few hours. It left an impression that was harder to shake. I found myself unable to stop thinking about Nicole, everything she put herself through, her friends, her family, and how her story would possibly continue and still keep the reader as interested. I was very lucky to get a review copy of *Scars from a Memoir*. I think those readers that complained the first one wrapped up with a neat little bow at the end will be pleased with how this tale continues.

*Scars* picks up 2.5 years from where *Fairytales* left us. Nicole has just finished her prison sentence and is continuing her life journey. We get a brief glimpse into how her time in prison played out and then we move into a clean living facility with her. From there she must learn how to live a sober life. She needs to get a job, meet new people, and start where most of us start when we leave home or college. Except most of us don't have the scars from a memoir to worry about as we do these things.

Her past mistakes and bad choices will continue to haunt and plague her new life. The author expertly weaved in enough of her back story to allow someone who hasn't read Fairytale to get a pretty good idea of all of the things she had experienced in the first novel. I also loved how she tied in the old characters with her new characters and gave us a glimpse of where everyone was at now.

This was a lot easier to read as it didn't touch on as many of the gritty details. They were woven in and there were moments they were there but for the most part, I felt like this was a big difference from the shocking expose the first novel had been. Nicole becomes much more like-able in this one. I think readers will find themselves torn at times because are they actually feeling sympathy for this girl? Or are they maintaining the hard stance that she brought all of these problems on herself? This would be an excellent book club discussion novel for this reason. I think each reader is going to have their own mind set when they read these books and they are going to feel strongly on one end of the spectrum or the other about the main character. This one gives them a chance to maybe change their mind or come around a little bit but not everyone will. She did some really horrible things while she was under the spell of addiction and caused some very tragic events. For every choice there is a consequence. This novel spells that out in big, neon letters.

This is a tough read but I think some college students would benefit from the experience of reading both of these novels as well. This is a young lady that started out just having fun. Using experimental drugs with friends. Her story shows what a Pandora's Box that can open. Much like Fairytale, I think Scars will leave a mark on the reader. It's not a book you can easily forget. It will haunt your thoughts for a long time.

My only tiny complaint would have been I would have liked to get to know some of the side characters a little bit better since they play an integral role at the end of the story. I do highly recommend these two novels. Even if a person has never touched a drug in their life, I think these two novels open the reader's eyes to the mind set of some addicts.

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## **RoloPoloBookBlog says**

Scars from a Memoir by Marni Mann

Source: Purchase

My Rating: 4½/5 stars

My Review:

**\*\*This review is spoilerish for Book #1: Memoirs Aren't Fairytale\*\***

Scars from a Memoir opens with Nicole and her family dealing with the fall out of her poor-decisions ridden life and the choices she made in the years prior to this moment. Nicole's addiction led her to rock bottom and as she fell, she took her brother (and many others, to be completely fair!) with her. The loss of her brother, the activities she was involved in prior to his death and, her time in jail taught Nicole the value of life and for the first time in years, Nicole is legitimately clean and ready to move beyond the nightmare that has come before.

Sobriety wasn't easily achieved for Nicole given the depths she had sunk to and the hold heroin had on her. In fact, even though she is sober and ready to move into a sober-living home, heroin still has a tight grip on her mind and each and every day is a struggle. The difference? Nicole's desire to live her life and ensure that her brother didn't die in vain has a tighter grip on her brain than the heroin does. Committed to her path and determined to re-establish a true relationship with her parents, Nicole moves into the sober living facility in

Boston and embarks on a whole new existence. As the facility demands, Nicole keeps to the house curfew, she attends meetings and, she is gainfully employed at a local coffee shop. Though her life certainly isn't easy, Nicole is standing her own two feet and learning how to live a normal life again.

In her first few weeks of freedom, Nicole slowly begins to settle in and finds support among her fellow sober living residents and many of her co-workers who are also recovering addicts. Though romantic relationships are frowned upon so quickly after leaving treatment, Nicole meets Asher, a young man who is both interested in her and in helping her heal from her traumatic past. In a most unusual turn of events, Asher also happens to be connected to Nicole's brother and is most interested in helping her find closure regarding his death and her role in it that event. Though Asher is true in his feelings toward Nicole, he is young and very often has a hard time helping her deal with both her past and her present. In the moments she is without Asher and needs support, Nicole turns to Mark, a man from her past. Mark is an unusual character in that, he may be from Nicole's past but he is not one of the big bads and is very, very interested in his role in Nicole's future.

On many levels, Nicole thrives in her new life but her past isn't quite done with her. On several occasions, Nicole is quite literally confronted by her past and/or people from her past who are most interested in Nicole's failure. To be precise, there are several among the group that want to see Nicole pay for her role in putting them in prison or simply want to drag her back into the hell that was her world for so many years. Nicole fights her demons at every turn but life in Boston is hard for her and as events become to come to a head Nicole faces several challenges that truly threaten both her life and her sobriety. Though not in the way you might expect, Asher betrays Nicole, one of her "friends" from her past dies of an overdose and, the house mother at her sober living facility begins to spiral out of control. At every turn, Nicole fights to hold on to her sobriety and clings to Mark to help her through the new wave of madness that has washed over her life. Against all the odds, Nicole rises from the ashes once again and when she finds her wings, she is finally able to fly.

The Bottom Line: Though this read isn't quite as dramatic or dark as the first in the series, it is still a roller coaster ride. What this book very much does is reminds the reader that an addict's story is far, far from over once they get sober. Nicole may have conquered one of her demons but staying in Boston means her other demons are not ever far from her doorstep. The things that Nicole experiences in this read are, to her way of thinking the natural results of her bad choices and things she must endure in order to continue to atone for her past. Mann is completely fearless in approach to this read and doesn't let up at any point. Through Nicole's life and story, Mann drives home the point that addiction is a life-long issue and has far-reaching consequences. To say that Mann drops a bomb at the end doesn't even come close and I found myself gutted by this read. As I have come to expect from Marni Mann's reads this book is emotional and dark with moments of hope and light. It is also well-written, strong and, has a clear voice that is so very common in this modern world. In all, and excellent, cautionary tale.

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## **Wes says**

I enjoyed the first novel very much, however, this sequel was slightly over the top - I did not like the ending one bit!!

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## **Shabby -BookBistroBlog says**

### **What is Good for my Sobriety ?**

Hanging out with my friends who smoke weed ?

Choosing drugs over life?

Going to rehab ?

Listening to my friends and family?

Letting them help me, before they died due to my addiction, one by one ?

These are some questions which , had she addressed them on time, wouldn't have made Nicole's life so full of grief and regrets now.

**Heroin's high was magical, but life was starting to taste a whole lot better. We gave up everything for our addiction—including the truth—even with other junkies.**

Now she focuses on other questions

Mark or Asher ?

One is a safe place, the other her pillar

I think if WE ask this question at every step of our lives where we have to choose between our NEEDS and WANTS , it could lessen our problems. What is good for US and Sobriety of our minds and bodies ?

**Asher was an addition to my recovery, not a substitution for my addiction.**

**Asher was a good man , But Mark was better**

She is at war with the consequences of her actions of the past. Her guilt, sadness, 12-step programme, her sober-house, is not enough to bring Michael back from the dead , but she tries her level best to stop the line of drug-casualties around her.

**There were always repercussions from addiction. Some got HIV or Hep C from sharing needles; some developed health problems because drugs had ruined their bodies. There were girls, like me, who caused a miscarriage because they injected too much. Then there were those who died either from accidental overdose or as an indirect result, like Sunshine getting beaten to death and left in a garbage can.**

Alas ! Tiffany, Sunshine , Henry are snatched by the Dragon's fire. Cale and Dustin are Devil's Dragons too, they put her right back to where she started. But a great warrior princess that she is , Nicole yet again climbs the mountain of recovery.

She is fortunate to be helped and supported unconditionally by Asher, Mark, Her parents, Tiffany too actually , Alison, Al , Jimi and Michael and Claire in spirit.

I'm still in shock over the end though. I wish Marni had given this hope a chance , to inspire other readers that road to recovery DOES end in Flowers AND rainbows. That's my only peeve. Nicole was a 'survive'or . My heart broke into two, none of my pieces fit. But I would highly recommend everyone to read this book. Tell your kids to read it.

Your neighbours, friends, family members. To really understand that the REAL struggle is not going to rehab, but to fight relapse and temptation.

Every. Single. Day !

The reformed addicts have to look over their shoulder, try to fit in a perfect society with their deformed bodies and souls,

Marni has logged an extraordinary account of addict's life . The horrors, the degeneration, the sharp claws

that this vile substance digs into users mind, body and soul and they feel it every time they breathe, for the rest of their life.

I've started looking at my surrounding world in a different light after I read this book. Thank you so much Marni. My prejudices , bias and judgements are all thrown away like a junkies life.

Because they deserve compassion and support from us

**Sobriety was a decision; we had to fight our disease and take away its power. All of us here have worked too damn hard to stay sober; we don't deserve to be judged.**

I've become an Official #MarniJunkie now.

I've no hope !!!!!

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## **Donna ~ The Romance Cover says**

Memoirs Aren't Fairytales: A Story of Addiction (The Memoir #1)

Scars from a Memoir (The Memoirs #2) by Marni Mann

5 stars!!!!

“Am I a runaway train, or am I the track?”

This was a duet that I needed to review straightaway, I just feel that if I get my thoughts and emotions down while I am still coming to terms with what I have just read it will have more of an emotional impact. These books seriously touched me, having never been around drugs or even having an inclination to try any I have never fully understood the novelty or the pull that these chemicals have on the addicts that so easily become consumed by them. But the thing about these two books is that it not only draws attention to the addict, but also the effects that addiction has on family, friends and strangers. This is definitely no fairy tale, this is the story of a woman's desperate decline into the pits of hell and I lived and breathed it, warts and all.

“I was chasing something. And damn it felt so fucking good.”

What starts out as the recreational use of weed soon turns into other more “heavy” drugs, like coke and ultimately heroin. What initially is perceived as a “pick me up” soon becomes a dependency and so the spiral begins. But what I loved about this book is that you were inside the head of Nicole, what Marni Mann delivered was an addicts reasoning's and thought processes and for someone like me who was totally oblivious to anything surrounding this lifestyle it gave me an insight into why people tragically descend down this route. While I don't condone in any shape or form what Nicole did, I finally appreciated the effects that drugs have on your ability to think straight, to make rational decisions and to actually see what was presented in front of the mirror. An addict didn't see an addict. An addict only saw their next high, that short burst of relief from the troubles they carried. A temporary blindfold on their misery all the while it only



being a smokescreen for the ingrained issues they had and ultimately, only making those issues increase tenfold by adding more issues on top of issues that were already there.

“Today I was sober, but tomorrow wasn’t here yet.”

Drug addiction is like a vortex, a force so powerful that you are forever caught up in its vicious cycle, a vortex that is desperately difficult to break out of. But the first step is recognising the addiction and more often than not it takes hitting rock bottom to see it. Some people get that rock bottom, others die before they get there, but it takes incredible strength and courage to fight and the fight is never over, this is made painfully clear throughout this duet.

“But heroin was my air. It had a hold of me like we were chained together. And those shackles weren’t just around my wrists, they were tied around my brain too.”

Nicole aka Cole, was a girl that had a great life ahead of her, she was a fantastic student, had a loving family and was living the teenage dream, until one night...one night that forever changed her and one night that ultimately led to her decline down the darkest routes of addiction. It is this one event that ultimately decimated her life and that of her family. Nicole was a victim, but the effects of that one night made her a victim for the next ten years. That one night made her friends and family victims in more ways than one. Her relocation to Boston was supposed to be a new start, a way to exorcise her demons, but Boston had demons of its own, only these demons had far more destructive consequences. This is the harrowing story of Nicole and I defy anyone not to be touched and totally consumed by her story.

“I could make up a story to cover the last eight years, but the scars on my arms told the truth. So did my ankles, the skin between my toes, even the veins that had burst on my breasts. I was like that board my dad used to tack papers to in his office. Eventually, the cork fell apart because it had too many holes, and my Dad got a new one. Did my battle wounds really prove I was a survivor? Or was I too damaged to be glued back together?”

Nicole’s voice rang true, Marni Mann brought Nicole to life and I was soon consumed by her distressing, disturbing and horrifying experiences at the hands of heroin. A drug so powerful and all-consuming that life became a trick to get that next trip. The degrading situations she finds herself in are just one of the side effects together with demeaning herself daily just to get what she always perceived she needed more than food, clothes on her back and a roof over her head. The lengths to which friends and family will go to, to help, and then their desperate and heart breaking realisation that tough love is the only love. I can’t explain how touching and heart breaking this story was. I cried a river, not only for Nicole, but her brother, her mum and dad and her friends.

“It’s not a mess, Cole. It’s a beautiful mess.”

Every possible emotion is evoked painfully word by word, situation by situation as Marni Mann viscerally portrays life as an addict. Even though I have no experience, I felt as if I was living in the drug havens of Boston. Every character was so real, I could see them, I could hear them and I could smell them. I was totally transported to the pits of hell and for someone as naïve as me it was a world that I never knew existed. It was eye opening, so realistic.

Nicole does hit rock bottom and she is one of the ones that are lucky enough to survive the fall, but the climb back out is equally as painful. Book two concentrates on that climb, the pitfalls and the past that never leaves you alone. The consequences, both physical and mental and the after affects and devastation that addiction leaves behind. Nicole does find love, so there is an uplifting element, but a love that will always have the past in the background, a love filled with understanding and protective measures to avoid relapse. Nothing about this duet is pretty, it is raw, it is gritty it is so realistic. It just hurt so bad. I understand there is a YA version of this duet, I implore all parents to make their kids read it, it is enough to put them off for life. If one life is saved, then the research and experiences that this author penned onto paper would be worth it.

“I’ll always be a recovering heroin addict, but heroin no longer owns me.”

These two books now complete my Marni Mann collection; I can now say I have read all her books. These two books were her first and as a debut I cannot relay how impressive and how well put together this duet was. The attention to details, the realism and the no holds barred ugliness really cements this as an unforgettable story.

“My memoir is no damn fairytale. But my story isn’t over yet.”

I am still distraught, I thought this review would be cathartic, but that pain shows no sign of abating. This story moved me, it touched me on so many levels, I will never forget Nicole, and when my kids are old enough to understand they will be reading this series too. I am so emotional right now.

“Good-bye, Boston.”

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**Laura- BookBistroBlog says**

Very seldom do I continue on with a book that Book 1 in my opinion was the perfect story. However, Nicole kept talking to me and I needed to find out what happened to her after the end of Book 1. This book picks up right where we were left off with the ending of book 1.

Scars from a Memoir is the perfect title for this book! Because that is what Nicole is...Scarred. Scarred from years and years of drug abuse, rapes, death, prison time.... But what we really find out is, can a person who is so severely scarred, come out of that and become a person we all would trust? Is it trust we are looking for or love? There is a huge difference there... Nicole learns about both... trust and love....

Thank you Marni Mann for a great rollercoaster ride with both these books!!!

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**MaryAnn Kempher says**

Wow, I'm ashamed I didn't write this review sooner. I read the book as soon as it was available.

Just blew me away. This book is the sequel to Memoirs Aren't Fairytales: A Story of Addiction, and it does not disappoint.

I know some people might be put off by the titles, thinking they might be too depressing. Don't let that stop you from buying these books. The writing is just so fabulous.

I wish there was a bold button, so I could highlight The writing is just so fabulous.

Buy these books, you'll be so glad you did.

MaryAnn

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**Changey Mcsubject says**

I felt the pain and conflict Nicole had in this book, I smiled and cried with her. A true story of what addiction can be for someone, I applaud the author for showing that it is not an easy road. No matter how much time passes. This was a painful read full of hope and the hurt addiction can cause. I cried reading it

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**Christine says**

Another powerful emotional sad story and I hated that ending. So unfair after everything Nicole went through.

I think every youngster out there in fact anyone young or old should read these books just to show how easy it is to get addicted and how it affects your life and other peoples. Reading these two books should be enough to put anyone of dabbling in drugs.  
Awesome couple of reads full of angst all the way through.

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### **WendyW ~ Girls Just Wanna Have Books says**

Such a great depiction of addiction and sobriety. As an addict myself, I know first hand of the struggle as well as the deterioration it creates. It is not only those that are using that feel and experience the destruction, it also effects those who love and interact with the user.

This story tugged at everything I had. To see Nicole hit the lowest of lows and then to claw her way back up was so monumental and inspirational. Unfortunately sometimes you can never outrun your past and every action has a consequence and for every consequence there is a series of action and a series of more consequences. It's like a ripple effect, and this unluckily is Nicole's fate.

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