

Holly Bot

FROM SURVIVING TO LIVING

How From Surviving to Living Serves Facilities and the People They Support

From Surviving to Living is a deeply personal memoir that addresses the emotional, spiritual, and practical challenges faced by individuals navigating incarceration, reentry, recovery, and life transition. Through an honest account of confinement, mental health struggles, broken relationships, and spiritual surrender, the book offers readers a model for finding meaning, resilience, and purpose in difficult circumstances.

For incarcerated individuals, residents, and program participants, the book provides emotional validation, hope, and practical insight into experiences such as intake, isolation, mental health treatment, family separation, and reentry. By openly sharing struggles with depression, anger, shame, and healing, the narrative reassures readers that they are not alone and that change is possible, even in restrictive or transitional environments.

For facilities and organizations, including correctional institutions, jails, reentry programs, treatment centers, chaplaincy services, and community-based programs, the memoir serves as a resource for education, reflection, and engagement. It fosters empathy and understanding by illuminating the internal experiences behind behavior, highlighting the role of structure, accountability, faith, and supportive programming in personal transformation.

More than a memoir, *From Surviving to Living* is a tool that supports psychological, emotional, and spiritual growth. It can be used for individual reading, group discussion, faith-based programming, or reentry preparation, benefiting not only those served but also the broader community by encouraging healing, responsibility, and successful reintegration.

www.HollyBot.me