



If Only I Could Sleep: A Survivor's Memoir

Stephanie Henry

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An astonishing journey of survival and courage told in the face of unthinkable odds The heaviness of hurt. The lightness of humor. And, finally, a reason for hope and an opportunity to serve humanity.

Stephanie Henry's childhood took an unexpected turn when her granduncle molested her. The soul-crushing experience was but the first in a series of sexual abuse perpetrated by family members and strangers that wrecked her self-esteem and left her feeling isolated, guilt-ridden, and confused. Out of necessity, Stephanie became an instant expert at survival and a student of spiritual endurance.

Desperate to regain some sense of control, she began an emotionally shattering struggle with bulimia and the curse of having "the look" men desire. After slipping through the education system, multiple suicide attempts, years of working as a stripper, losing custody of her daughter, battling drugs and alcohol, and enduring a string of ill-fated marriages, Stephanie put her life on course by reaching out to others and fighting for voiceless victims of exploitation around the world.

A testament to resilience and preservation, *If Only I Could Sleep* is a heartbreaking and riveting story of self-discovery, sacrifice, and overcoming the challenges that can make life seem unbearable.

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