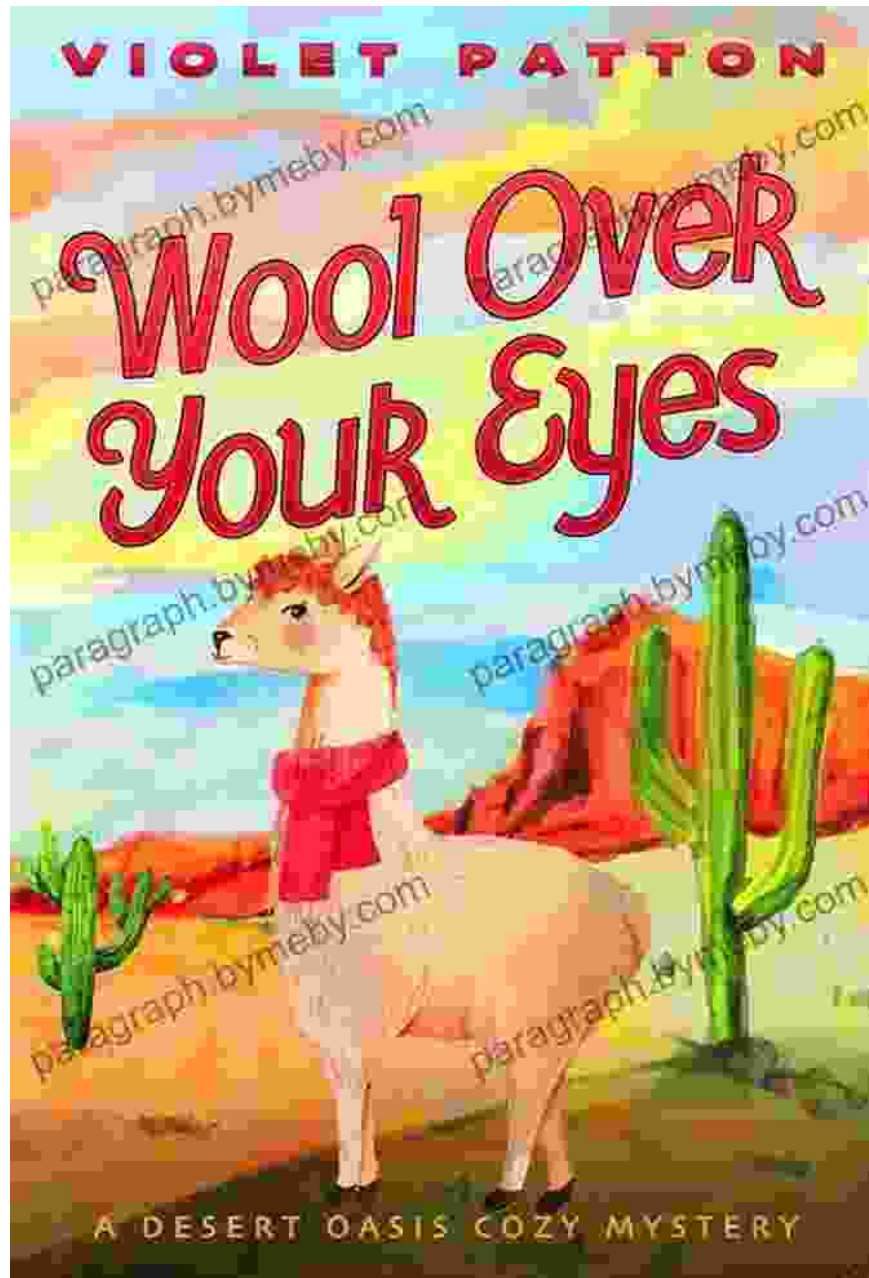


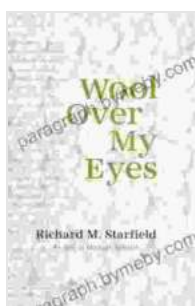
Wool Over My Eyes: A Riveting Tale of Trauma, Triumph, and the Power of Hope



In the tapestry of life, we are all faced with trials and tribulations that threaten to unravel the fabric of our being. Trauma, like a relentless storm, can leave us feeling lost, broken, and stripped of our dignity. But amidst the

darkness, there is always a flicker of hope, a beacon guiding us towards healing and wholeness.

In his gripping memoir, **Wool Over My Eyes**, Ken Little takes us on a profound and deeply personal journey through the labyrinth of trauma. With unflinching honesty and unwavering resilience, he recounts the harrowing experiences that shaped his life, from childhood abuse to the horrors of war.



Wool Over My Eyes by Ken Little

★★★★☆ 4.3 out of 5

Language	: English
File size	: 962 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 266 pages
Lending	: Enabled



Little's writing is raw and unflinching, yet it is also infused with a glimmer of hope. Through his own struggles and triumphs, he shows us that even in the darkest of times, the human spirit has an indomitable capacity for healing and redemption.

Wool Over My Eyes is not merely a story of adversity, but a testament to the power of hope and the transformative nature of forgiveness. Little's journey is a reminder that no matter how deeply we have been wounded,

we have the resilience within us to overcome our past and create a brighter future.

With each chapter, Little peels back the layers of trauma, revealing the complex ways in which it affects our minds, bodies, and spirits. He explores the devastating impact of emotional abuse, the insidious nature of gaslighting, and the lasting scars left by war. Yet, through it all, he never loses sight of the indomitable human spirit, the capacity for healing and redemption that resides within us all.

Little's writing is both deeply personal and universally relatable. His experiences resonate with anyone who has ever struggled with trauma, abuse, or the challenges of mental health. His insights into the healing process are invaluable, offering practical tools and strategies for navigating the path towards recovery.

Wool Over My Eyes is a must-read for anyone seeking to understand the complexities of trauma and the power of resilience. It is a story of hope, healing, and the triumph of the human spirit over adversity. Whether you are a survivor of trauma yourself, a caregiver, or simply someone seeking a deeper understanding of the human condition, this book will resonate with you on a profound level.

Join Ken Little on his extraordinary journey of overcoming trauma and finding hope. **Wool Over My Eyes** is an unforgettable memoir that will leave you inspired, empowered, and forever changed.

Praise for Wool Over My Eyes

"Ken Little's *Wool Over My Eyes* is a powerful and moving memoir that offers a raw and unflinching account of trauma and its aftermath. Little's writing is both deeply personal and universally relatable, and his insights into the healing process are invaluable. This book is a must-read for anyone seeking to understand the complexities of trauma and the power of resilience." - **Bessel van der Kolk, MD, author of *The Body Keeps the Score***

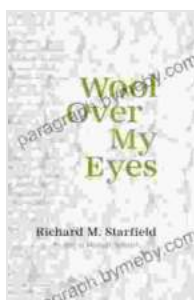
"*Wool Over My Eyes* is a gripping and honest account of one man's journey through trauma, addiction, and recovery. Ken Little's story is both heartbreaking and inspiring, and his resilience is a testament to the power of the human spirit. This book is a valuable resource for anyone who has experienced trauma or is supporting someone who has." - **Gabor Maté, MD, author of *In the Realm of Hungry Ghosts***

"Ken Little's *Wool Over My Eyes* is a powerful and moving memoir that will resonate with anyone who has ever struggled with trauma. Little's writing is raw and honest, and his insights into the healing process are invaluable. This book is a must-read for anyone seeking hope and healing." - **Judith Herman, MD, author of *Trauma and Recovery***

About the Author

Ken Little is a survivor of childhood abuse, combat trauma, and addiction. He is a graduate of the University of California, Berkeley, and holds a master's degree in social work from the University of Southern California. Little has worked as a therapist for over two decades, specializing in trauma and addiction recovery. He is the founder of the Wool Over My Eyes Foundation, a nonprofit organization dedicated to providing support and resources to survivors of trauma.

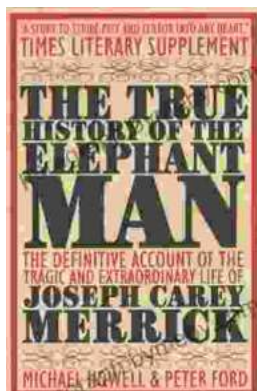
Wool Over My Eyes is Little's first book. It is a powerful and deeply personal account of his journey through trauma and healing. Little's writing is raw and unflinching, yet it is also infused with a glimmer of hope. Through his own struggles and triumphs, he shows us that even in the darkest of times, the human spirit has an indomitable capacity for healing and redemption.



Wool Over My Eyes by Ken Little

★★★★☆ 4.3 out of 5

- Language : English
- File size : 962 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 266 pages
- Lending : Enabled



Unveiling the Truth: The Captivating Saga of The Elephant Man

Embark on a poignant journey through the extraordinary life of Joseph Merrick, immortalized as the "Elephant Man," in this meticulously researched and deeply affecting...



Memorable Quotations From Friedrich Nietzsche

Friedrich Nietzsche (1844-1900) was a German philosopher, cultural critic, composer, poet, and philologist. His...