



To Hell and Back: Heroin and Recovery: My Life of Addiction and Recovery Told Through Past Journals

Aaron Emerson

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Aaron Emerson grew up as the son of a successful minister in Mason, Michigan. Blessed with a loving, caring family, he had the makings of a great life. At 14, however, his dad was unexpectedly fired from the church he helped build, right after the tragic passing of his cousin. Aaron turned to marijuana and alcohol, finding pleasure in covering up the pain he was experiencing. A year later, he was introduced to prescription pills and eventually became addicted to Oxycontin. Once Oxycontin became too expensive and hard to find, he made the decision to switch to a cheaper, more potent drug: heroin. Heroin would take Aaron through a life of hardcore addiction, lengthy jail stints, and several near-death experiences. After years of addiction that saw a once middle class teenager turn into a felon and become homeless, a journey to find recovery transpired. That journey took Aaron to several rehabs and through many heartbreaking relapses. However, recovery from his addiction was ultimately found, and now he shares his story around the state to raise awareness and spread hope. Throughout his addiction and recovery, Aaron journaled and wrote about all of his experiences. He has now published his journal entries full of addiction, jail, rehab, overdose, relapse, and recovery. This book is the collection of all of those writings that shaped his life for several years.

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