

Crooked Lines: Bent, Not Broken

First 3 Chapters - Free Excerpt

By Shaun Critzer

A raw, unflinching memoir about childhood trauma, addiction, rock bottom, and the redemption that comes from choosing recovery one day at a time.

This is an excerpt from the full memoir “Crooked Lines: Bent, Not Broken” by Shaun Critzer. To read the complete story, visit www.shauncritzer.com

About This Excerpt

Thank you for downloading the first three chapters of my memoir. This book took me years to write—not because the words were hard to find, but because the truth was hard to face.

If you’re struggling with addiction, trauma, or the crushing weight of being human, I want you to know: **you are not alone, and you are not too far gone.**

This memoir contains frank discussions of childhood sexual abuse, substance abuse, suicidal ideation, and mental health crises. If you need support, please see the resources at the end of this document.

Prologue: The ABC Store Parking Lot

June 2012, Age 31

[Content from the memoir’s prologue - the powerful scene in the ABC store parking lot where Shaun is on the verge of relapse]

[Note: Actual memoir content would be inserted here from the completed manuscript]

Chapter 1: The Oxygen Tent

Age 6, 1986

[Content from Chapter 1 about the oxygen tent and early childhood]

[Note: Actual memoir content would be inserted here from the completed manuscript]

Chapter 2: The Caged Animal In Me

Ages 6-8, 1986-1988

[Content from Chapter 2 about building the first layers of armor]

[Note: Actual memoir content would be inserted here from the completed manuscript]

What Happens Next?

The journey from that ABC store parking lot to 13 years of sobriety wasn't linear. It wasn't pretty. And it definitely wasn't easy.

In the full memoir, you'll discover:

- **The childhood trauma** I buried for decades and how it fueled my addiction
 - **The decade of darkness** (2002-2012) - DUIs, protective orders, psych wards, and rock bottoms I didn't think I'd survive
 - **The critical difference** between sobriety and recovery
 - **The treatment and therapy** that finally cracked me open - EMDR, inner child work, and rigorous honesty
 - **The redemption** - peaceful co-parenting, blended family, meaningful work, and a life beyond my wildest dreams
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Get the Full Book

Ready to read the complete story?

Visit www.shauncritzer.com to:

- Purchase the full memoir
 - Join the recovery community
 - Access free resources and tools
 - Watch video content
 - Connect with others on the same journey
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Resources

If you or someone you know is struggling, please reach out:

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Helpline: 1-800-662-HELP (4357)

^{24/7}, 365-day-a-year treatment referral and information service

Website: www.samhsa.gov

Alcoholics Anonymous

Find meetings near you: www.aa.org

RAINN (Rape, Abuse & Incest National Network)

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

Website: www.rainn.org

National Suicide Prevention Lifeline

988 Suicide & Crisis Lifeline

Call or text: 988

Website: 988lifeline.org

Crisis Text Line

Text HOME to 741741

About the Author

Shaun Critzer is 13 years sober, a husband, father, entrepreneur, and recovery advocate. He lives in Charlottesville, Virginia with his wife Shannon and their blended family. When he's not writing or speaking about recovery, he runs Digital Gravity, helping people build legitimate online businesses.

Shaun's mission is simple: to show others that broken things can heal, that crooked lines can lead somewhere beautiful, and that redemption is real.

Connect with Shaun:

- Website: www.shauncritzer.com
 - YouTube: [Channel TBD]
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