

# YOURSELF OR SOMEONE LIKE YOU

A SELF HELP MEMOIR AND JOURNEY  
TOWARDS TRAUMA WISDOM

GRANT PARKIN

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Publication Date	14 JUNE 2023
Genre	Memoir, Self-Help
Format	Paperback
Audience	General
Author Location	Brisbane, QLD

**Price available on our website**

**PART MEMOIR, PART SELF-HELP BOOK - *YOURSELF OR SOMEONE LIKE YOU* IS HERE TO SHOW YOU HOW TO EXERCISE THE CONCEPT OF CHOICE AND RESPONSIBILITY WHEN FACED WITH CHALLENGES...**

From surviving an horrific dog attack as a toddler, to the tragic death of his father in a car accident, to the challenges of leaving the country of his birth and then finally to the very emotional divorce from his wife... this story has truth at its heart and purpose at its soul...

Funny, tragic, and at times unbelievable, the story weaves its way from various towns in the regional Eastern Cape Province of South Africa to the cities of the Gold Coast, Sydney and Brisbane.

*Yourself or Someone Like You* details the traumatic yet very real life experience of author, Grant Parkin, and his amazing outcomes that will aspire your life also...

### ABOUT THE AUTHOR



From dog attacks to car crashes, deaths, divorce and migration, Grant has survived. Where he once carried these physical and mental scars with shame, he now wears them with a sense of pride, a degree of honour and grace. Grant has grown through experiencing these traumas by acknowledging the impact these events have had on his life. There is no escaping that impact. In sharing his experiences, Grant hopes readers will have the space to share their stories and as a result, bring us all closer.

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### WHAT HAS WRITING *YOURSELF OR SOMEONE LIKE YOU* MEANT FOR YOU?

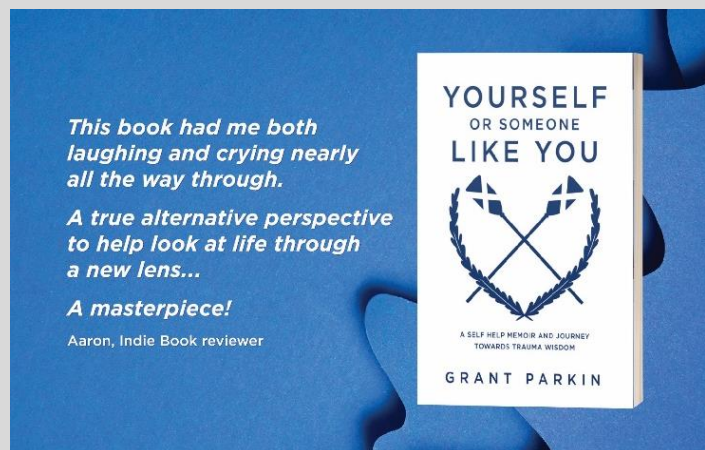
*The intention of this book has always been to make a difference, for even one person to review and possibly change their outlook on life. I have experienced some truly shit events and yet have still chosen a positive outlook on mine.*

*During the course of writing the book Emma (my wife) has gained new perspective on me and why I am the way I am. She now sees value in writing her own book and has shared stories with me that I had never heard before – amazing, important stories, integral to her growth and development as a person. These stories would have remained untold had I not written the book.*

*Additionally, during the writing process my very good friend Doug reviewed his own journey and identified that his migration experience was also quite traumatic. He migrated with his family towards the end of high school and would have recurring dreams of being on his old school campus back in South Africa. This has prompted him to have conversations with his family about that period of their lives (they migrated over twenty years ago). This is another story that may have gone untold had I not written the book.*

*Both my mum and my aunt (my dad's only sister) have also shared more stories since the book writing process commenced. My mum has shared stories that I had never heard before. I believe the book has provided her the space to share these stories.*

*None of these conversations would have taken place if I had not commenced writing this book. I am grateful the book has made a difference even prior to it being published.*



*This book had me both laughing and crying nearly all the way through.*

*A true alternative perspective to help look at life through a new lens...*

*A masterpiece!*

Aaron, Indie Book reviewer

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