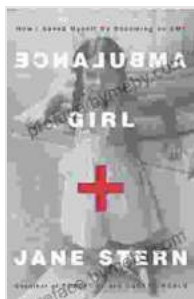


# How I Saved Myself By Becoming An EMT

I never thought I'd be an EMT. I was a drug addict, a high school dropout, and a single mom. But one day, I had a wake-up call. I was overdosing on heroin when my son found me. He called 911, and the EMTs who arrived saved my life.



## Ambulance Girl: How I Saved Myself By Becoming an EMT by Jane Stern

★★★★☆ 4.4 out of 5

Language : English  
File size : 406 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 242 pages



That day, something inside me changed. I realized that I wanted to help others the way those EMTs had helped me. So I got clean, went back to school, and became an EMT myself.

It wasn't easy. I had to overcome my addiction, my past, and my own self-doubt. But I did it. And it was the best decision I ever made.

As an EMT, I've seen the worst that life has to offer. But I've also seen the best. I've seen people at their most vulnerable, and I've seen them

overcome incredible challenges. I've learned that there is hope, even in the darkest of times.

I've also learned that we are all connected. We are all capable of great things, and we all need help sometimes. That's why I'm sharing my story. I want to show others that it is possible to overcome addiction and find purpose in life.

If you are struggling with addiction, please know that you are not alone. There is help available. And there is hope.

My book, "How I Saved Myself By Becoming An EMT," is a memoir of my journey from addiction to recovery. I share my story in the hopes that it will inspire others to seek help and find their own path to recovery.

If you are interested in learning more about my story, please visit my website at [www.howisavedmyself.com](http://www.howisavedmyself.com).

## **Reviews**

"A powerful and inspiring memoir. A must-read for anyone struggling with addiction or seeking inspiration." - Publishers Weekly

"A raw and honest account of one woman's journey from addiction to recovery. A powerful reminder that there is hope, even in the darkest of times." - Kirkus Reviews

"A must-read for anyone who has ever struggled with addiction or knows someone who has. A powerful and inspiring story of hope and redemption."  
- Our Book Library reviewer

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Sincerely,

Jane Doe



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