



Dust: A book for broken people

Sherri Gough

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We're all just dust so what's the point? - Do you feel like your purpose in life is gone? - Do you feel like there is no reason for you to be here on this earth? - Are you one of the people in this world who suffer from addiction or depression? - Do you wonder if there is any hope? Why did God make us anyway? Who are we really? And who cares? If you are broken from the circumstances of life, this book is for you. There are plenty of how-to books out there that tell you how to manage depression or overcome an addiction, but this book is **DIFFERENT**. It talks about the feelings you're going through right now. The feeling that life is worthless, the feeling that you can't hardly get out of bed in the morning, the feeling of what's life for anyway and why am I living? Made to be a stand-alone book or coordinate with and supplement the 12-step program, it is an easy read, with large text and full-color pictures to inspire and enlighten. It can be used as discussion material for groups, classes, counseling sessions, church programs, outreach programs and shelters. It can be used to encourage those affected by alcohol abuse, drug abuse, depression, physical or emotional abuse, separation, divorce, the loss of a loved one, the loss of a child, or those who have a life that seems to be a dead end road or out of control. It can also make a critical difference to those who are on the verge of suicide. This book is appropriate for adults or teens, and encapsulates true, raw emotion, often found in people who are suffering from trauma or extreme distress. It was inspired by a desire to help those in the music and creative community deal with addictions in their lives. Sometimes the most creative people are also the most reflective, consequently making them the ones who are more often touched by addictions, depression, insecurities, doubts, and worthlessness. If you know someone currently facing one or more of these conditions, this book makes a great gift of hope, when you can't find the words to help them or give them comfort, or simply don't know what to say. Much like the effect that music and lyrics have on someone who is vulnerable, this book is like a song on paper and identifies with feelings yet gives a message of hope and life. Everyone is special. Sometimes people lose sight of **WHY** they are special and they feel like they are just one of many and don't make any difference in this world. Just like **DUST**. This book is a simple reminder that each and every person was specifically created better than the stars, and every living soul is definitely a work of art. It also suggests that there is a higher power who loves them **ALWAYS**, no matter what their condition or their addictions or their struggles. And because God created them, he will help them get through anything they have to face in this world. Strength can come. Hope can come. Even in the darkest of circumstances, there is light, even if it cannot be seen. *Consider the incredible, often life-saving impact you can have when you give a hurting person that message of comfort and hope and healing.* We are all just dust, so what's the point? Open the book, and read about why you are here on this earth. Read about suffering. Read about hurt. Read about hope.

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