



# Freak

*Adam Lamparello*

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It's the hell we go through that yields the happiness we seek, and sometimes it takes a few treks down that scorched road before we make it through to greener fields and a brighter future. Half autobiographical emotional rollercoaster ride, half heartfelt self-help meditation, *Freak* follows one man's struggle to ride the real-life road to recovery. After relapsing and spiraling around mental breakdown, suicidal thoughts, anorexia, anxiety, addiction, and inevitable self-doubt, Adam Lamparello recalls the life-changing love and internal turmoil that helped him find solid ground again. Satisfying times of law firm fraternizing and teaching are balanced and weighed in the light of car accidents, hospital stays, despair, and isolation. Filled with encouraging insights and an open optimism, *Freak* delivers an uplifting and empowering message about how our actions can lead to recaptured innocence and a recovered life. How our choices, not our circumstances, determine our destiny.

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