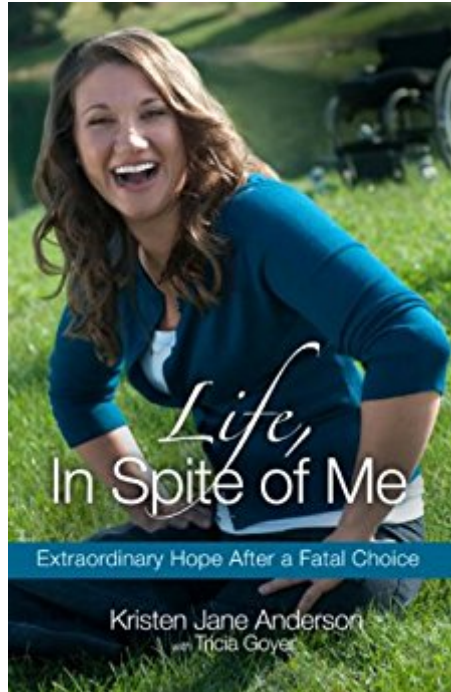


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# Life, In Spite Of Me: Extraordinary Hope After A Fatal Choice



## Synopsis

She wanted to die. God had other plans. Why does my life have to be so painful? What's wrong with me? It's not going to get better. It could all be over soon, and then I won't hurt anymore. Kristen Anderson thought she had the picture-perfect life until strokes of gray dimmed her outlook: three friends and her grandmother died within two years. Still reeling from these losses, she was raped by a friend she thought she could trust. She soon spiraled into a seemingly bottomless depression. One January night, the seventeen-year-old decided she no longer wanted to deal with the emotional pain that smothered her. She lay down on a set of cold railroad tracks and waited for a freight train to send her to heaven and peace. But Kristen's story doesn't end there. In *Life, In Spite of Me* this remarkably joyful young woman shares the miracle of her survival, the agonizing aftermath of her failed suicide attempt, and the hope that has completely transformed her life, giving her a powerful purpose for living. Her gripping story of finding joy against all odds provides a vivid and unforgettable reminder that life is a gift to be treasured. Includes notes of encouragement Kristen wishes she had received when she was struggling most. From the Hardcover edition.

## Book Information

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## Customer Reviews

Wow - from the tightness in my chest to the tears of every emotion running down my face I can't recommend this book enough. It changed my life. It will change yours. Kristen's story of common teenage pain to the ultimate choice is one that I can relate to unfortunately too well. Her words put me in the moment. Her pain made me want to leave that moment. Yet, with every page I was wanting to know more - rooting for her and in a sense starting to route for myself as well. It's a beautiful story - well worth the time and cup of tea to read it. I read it in less than 48 hours. It's a beautiful book - I have a soft spot for hardcover books and this one is one that will forever have a place not on my bookshelf but on my nightstand to forever remind me of what I am grateful for and to always seek His direction.

Life, In Spite of Me was a wake up call for me. Most of my life I've heard of people who battled with depression or bi-polar disorder or just sadness in general - but, rarely understood what I was hearing. Kristen and Tricia present Kristen's story in a way that really helps the reader understand what it's really like to live your life captured by depression, sadness and a feeling of hopelessness. Many times I felt like I was there with Kristen as she fought her sadness. I felt myself cheering her on through her long recovery and rejoicing at the end when... well, you'll have to read that for yourself. As a youth leader and youth pastor's wife, I appreciated Kristen's side notes to those battling depression or suicidal thoughts themselves. She is personal and got right on the level with where so many of our teens are today in this society. Best of all - the Gospel is CLEAR and evident and she speaks of it unashamedly! There is hope for those struggling and I've been challenged to wake up and be more alert to the teens I'm surrounded by, who might be battling this quiet demon. Kristen's story will encourage you, challenge you and motivate you to get on board with helping people. If you have any kind of interaction with people, at all, this book could be a helpful tool for you in identifying the needs of people suffering with depression.

Well I guess I should first preface this review by saying that I knew Kristen Anderson in high school. I can remember seeing her talk and laugh in class, she was so friendly and sweet to everyone. She dated a friend of mine and was all around a wonderful person and classmate. I never knew her pain or saw her troubles until I heard about her tragic accident. I have seen Kristen around the past few years and I like everyone else know her story is remarkable, but until I read her book I didn't know anything. Reading this book gave me an insight into her life, her struggle, and her amazing revelation. I realized that the title perfectly fit this book. It made me remember Life happens in spite

of our decisions or actions. I am very grateful to have read this book, and have received this message. Thank you Kristen.

Kristen was a troubled 17 year-old girl who struggled with feelings of hopelessness, pain and defeat. When life became unbearable, suicide seemed like the only solution. So she made the devastating choice to lie down in front of an oncoming train. Miraculously, she survived. "Life, In Spite of Me" is the story of Kristen Jane Anderson's journey from despair, to faith in Christ, to her ministry to the world. While Kristen's book is an autobiographical account of her life since the train incident, it reads like a novel. From the opening pages, I was riveted to her story and how God is working in her life. Her co-writer, Tricia Goyer was an excellent partner as Kristen shared her struggles. On more than one occasion, I was brought to tears as I related to some of the emotional pain she was dealing with. I was also moved in how the Lord has touched her body, mind and spirit. If you're dealing with depression, I highly recommend this book. If you know someone who's struggling, I recommend that you get them a copy. Kristen's story is amazing, and it has much hope for those looking for even a glimmer of light at the end of their very long, very dark tunnel. In addition, Kristen's ministry "Reaching You" has an excellent website for resources for those who need assistance. From one perspective, Kristen Jane Anderson's story is tragic. The flawed decisions that she made as a teenager will affect her for the rest of her life. But in that tragedy, God is working in her to bless others. She is a new person with a new perspective, filled with hope and love of life. And it is in reading "Life, In Spite of Me" that her readers can be encouraged by that same hope and love as well.

I now personally know Kristen as she lived in my town and used to go to my church. I helped her with a fund raiser a few years (4) ago. She is the real deal...lost in her own sorrow....she tried to kill herself by laying on the train tracks in our town....Fast forward to me meeting her at Ulta in the bathroom! She shared her story with me and I was easily taken in by her kindness and sincerity and honesty. I asked her if I could help with an upcoming fundraiser at the time that she mentioned. I was at a fundraiser meeting with her and her family and she handed me the ROUGH draft of this book and asked if I would like to read it...I was humbled and in awe! I took it home and read it FRONT TO BACK in two sittings! God had saved this beautiful girl from herself. The world is a better place because Kristen is in it! If you want to give this book as a gift I suggest you read it first! Kristen also has a Facebook website. Kristen Jane Anderson & Reaching you Ministries. <https://www.facebook.com/#!/reachingyouorg>

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