

A book that has significantly touched my life is "A Million Little Pieces" by James Frey. The author discusses his life as a recovering addict. While I am in no means a recovering addict, I've found that there are deeper messages that I have applied to my life. James manages to completely turn his life around and manages to do it on his own terms. I have found that this book has shown me that it's okay to make mistakes, even big ones. What's important is how you chose to deal with those mistakes. Yes, you can dwell, or you can choose to turn it around. I also admired how he accomplished sobriety his own way. He didn't follow the twelve step program because it wasn't what he believed would work for him. I think this was an important concept. He found what worked for him and managed to stay on track in ways he believed would work. I find that you can't do something or be someone because someone else wants you to be. You have to be able to know that what you believe and your choices are yours. You have to be an active participant of your life and not just an observer. James could have given up and succumbed to the drugs and alcohol. He chose to turn his life around. In doing so, he showed that there are times you can be scared out of your mind to do the right thing, but if you are brave and have faith in yourself, you can accomplish anything.