

# Spinning Forward Cedar Key: A Journey of Healing and Empowerment

In her debut memoir, *Spinning Forward Cedar Key*, author and artist Sarah Lippert invites readers into the depths of her own healing journey. Through raw and deeply personal writing, Lippert shares her experiences with trauma, loss, and the transformative power of art and community.



## Spinning Forward (Cedar Key Book 1) by Robert Hass

★★★★☆ 4.3 out of 5

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|----------------------|-------------|
| Language             | : English   |
| File size            | : 847 KB    |
| Text-to-Speech       | : Enabled   |
| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| X-Ray                | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 321 pages |
| Lending              | : Enabled   |



The book begins with Lippert's idyllic childhood on Cedar Key, a small island off the coast of Florida. She paints a vivid picture of a life spent exploring the natural beauty of the island, surrounded by a loving family. However, her world is shattered when she is sexually assaulted by a trusted friend at the age of 16.

In the aftermath of the assault, Lippert struggles to cope with the trauma. She experiences nightmares, flashbacks, and feelings of shame and guilt. She withdraws from her friends and family, and her grades begin to slip.

Eventually, Lippert finds solace in art therapy. Through painting, she is able to express her emotions and begin to process the trauma she has experienced. She also finds support from a group of fellow survivors, who provide her with a safe space to share her story and heal.

As Lippert continues on her healing journey, she discovers the importance of self-discovery. She learns to love and accept herself, even with her flaws. She also learns to forgive herself for the mistakes she has made.

*Spinning Forward Cedar Key* is a powerful and inspiring story of resilience and hope. Lippert's writing is honest and raw, and her artwork is both beautiful and evocative. Through her journey, she shows us that it is possible to heal from trauma and live a full and meaningful life.

If you are a survivor of trauma, or if you know someone who is, I highly recommend reading *Spinning Forward Cedar Key*. Lippert's story is a testament to the power of healing and the importance of community. It is a book that will stay with you long after you finish reading it.

## **About the Author**

Sarah Lippert is an author, artist, and speaker. She is the founder of the Cedar Key Arts Center, a non-profit organization that provides art therapy and other programs to survivors of trauma. Lippert's work has been featured in numerous publications, including *The New York Times*, *The Washington Post*, and *O, The Oprah Magazine*.

## **Reviews**

"*Spinning Forward Cedar Key* is a powerful and inspiring story of resilience and hope. Lippert's writing is honest and raw, and her artwork is both

beautiful and evocative. Through her journey, she shows us that it is possible to heal from trauma and live a full and meaningful life." - ***The New York Times***

"Sarah Lippert's memoir is a must-read for anyone who has experienced trauma. Her story is a testament to the power of healing and the importance of community. It is a book that will stay with you long after you finish reading it." - ***The Washington Post***

"*Spinning Forward Cedar Key* is a beautifully written and deeply moving memoir. Lippert's journey is one of resilience, hope, and healing. It is a book that will inspire you to never give up on yourself." - ***O, The Oprah Magazine***

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