



# Scattering Ashes: A Memoir of Letting Go

*Joan Z. Rough*

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## Scattering Ashes: A Memoir of Letting Go Joan Z. Rough

When her alcoholic and emotionally abusive mother's health declines, Joan Rough invites her to move in with her. Rough longs to be the "good daughter," helping her narcissistic mother face the reality of her coming death. But when repressed memories of childhood abuse by her mother arise, Rough is filled with deep resentment and hatred toward the woman who birthed her, and her dream of mending their tattered relationship shatters. Seven years later, when her mother dies, she is left with a plastic bag of her mother's ashes and a diagnosis of PTSD. What will she do with them?

Courageous and unflinchingly honest, *Scattering Ashes* is a powerful chronicle of letting go of a loved one, a painful past, and fear—a journey that will bring hope to others who grapple with the pain and repercussions of abuse.

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