

HOME

Her past held the answers—if she was brave enough to face it.

After nearly losing her husband, Amy Smyth Miller's panic spirals out of control. Therapy reveals a diagnosis: Complex PTSD. In search of healing, Amy embarks on a harrowing excavation of her past—childhood neglect, homelessness, parental addiction, and a family history shadowed by suicide. Amid the wreckage, she discovers the people and circumstances that kept her safe and helped to shape her life: her wise great-grandmother's teachings, the watchful eyes of caring adults, and her own fierce determination. Each memory is a clue, each family story a piece of the puzzle. But the most elusive truth is buried in a forgotten childhood memory—one that holds the key to her deepest fear.

Part investigation, part love letter to survival, *Home* is a courageous story of trauma and transformation, love and forgiveness, and realizing that sometimes the home you're searching for is the one you build inside yourself.



"It's a book that serves as a reminder that even in challenging situations, resilience, perspective, and healing are possible."

—Addison Ciutchta for *Independent Book Review*

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AUTHOR BIO

Amy Smyth Miller is a nationally recognized educator with a bachelor's degree in special education and a master's in counseling. She works as an Intervention Specialist in a rural public school district and lives in northern Washington State with her husband, "Captain Crusty," her adult son with special needs, and her rescue dachshund, Oscar. Her essays have appeared in *The Muleskinner Journal*, *Women on Writing*, *Persimmon Tree*, *Whatcom Writes Anthology: Legacies*, and *The Healing and CPTSD Chronicles*.



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PRAISE

"An emotionally intense yet ultimately hopeful account of confronting childhood trauma as an adult."

—*Kirkus Reviews, Get It! Verdict*

"Readers who appreciate themes of overcoming childhood adversity and finding strength in family dysfunction will find much to admire in *Home*."

—Carol Thompson for *Readers' Favorite*

"It's a book that serves as a reminder that even in challenging situations, resilience, perspective, and healing are possible."

—Addison Ciutchta for *Independent Book Review*

"*Home: A Memoir of Family, Forgiveness, and Healing from Complex PTSD* is for anyone needing help putting the pieces together around what happened to our families and ourselves. Amy Smyth Miller helps us process the confusion and disconnection between our past and our present through her story. A wonderful resource for those who have experienced childhood trauma."

—Patrick Teahan, LICSW, psychotherapist and expert on childhood trauma

"Amy Smyth Miller's inspiring memoir shimmers with honesty, tenacity, and her ability to find beauty among the shards of a painful history. While there is no simple formula for understanding and addressing intergenerational trauma, this sensitive book offers meaningful glimpses of hope."

—Elizabeth Rosner, author of *SURVIVOR CAFE: The Legacy of Trauma and the Labyrinth of Memory*, and *THIRD EAR: Reflections on the Art and Science of Listening*