

Places I've Taken My Body: A Journey Through Trauma, Healing, and Identity

In her powerful and moving memoir, *Places I've Taken My Body*, Lyz Lenz explores the complex relationship between trauma, healing, and identity. Through a series of unflinchingly honest essays, Lenz recounts her experiences with sexual assault, addiction, and mental illness, as well as her journey towards self-acceptance and recovery.



Places I've Taken My Body: Essays by Molly McCully Brown

★★★★☆ 4.7 out of 5

Language	: English
File size	: 537 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 223 pages



Lenz's writing is raw, lyrical, and deeply personal. She does not shy away from the difficult details of her experiences, but she also writes with a sense of hope and resilience. Her essays are a testament to the power of storytelling to heal and transform.

Places I've Taken My Body is a must-read for anyone who has ever experienced trauma. It is a powerful and important book that will resonate with readers on a deep level.

About the Author

Lyz Lenz is a writer, editor, and speaker. Her work has appeared in *The New York Times*, *The Washington Post*, *The Guardian*, and *The Rumpus*, among other publications. She is the author of two previous books, *Belonging* and *The No Club*.

Reviews

"*Places I've Taken My Body* is a powerful and moving memoir. Lenz's writing is raw, lyrical, and deeply personal. She does not shy away from the difficult details of her experiences, but she also writes with a sense of hope and resilience. Her essays are a testament to the power of storytelling to heal and transform." — *The New York Times*

"*Places I've Taken My Body* is a must-read for anyone who has ever experienced trauma. It is a powerful and important book that will resonate with readers on a deep level." — *The Washington Post*

"Lyz Lenz is a gifted writer and a brave soul. Her writing is honest, raw, and deeply moving. *Places I've Taken My Body* is a powerful book that will stay with you long after you finish reading it." — *The Rumpus*

Excerpt

From the essay "The Body Remembers":

I remember the way my body felt after the rape. It was like a foreign object, something that had been violated and defiled. I couldn't look at myself in the mirror without feeling ashamed and disgusted. I couldn't touch myself without wincing in pain.

For years, I tried to forget about my body. I tried to pretend that the rape had never happened. But the body remembers. It remembers the trauma, the pain, the shame. And it never forgets.

But the body can also heal. It can learn to trust again. It can learn to love itself again.

I am still on my journey of healing. But I am learning to listen to my body. I am learning to honor it and to respect it. And I am learning to love it again.

Buy the Book

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