



# Finding Sarah: A Duchess's Journey to Find Herself

*Sarah Ferguson*

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**Finding Sarah: A Duchess's Journey to Find Herself** Sarah Ferguson

**An inspirational memoir from *New York Times* bestselling author Sarah Ferguson, Duchess of York, who, after hitting rock bottom, gathered the strength to put her life back together.**

**More than a year ago my life was so off course that I wondered whether I would ever be able to find my way back. I was broken and lost, not even sure where I was, but out of this emotional barrenness I knew I had to find *me*. And so, I took a journey to find myself and begin the process of healing all the broken places. *Finding Sarah* is the story of that journey.**

So begins this extraordinarily personal memoir by Sarah Ferguson, The Duchess of York. She knows, firsthand, what it means to feel lost and she also knows that it is never too late to find your way back, to attain your goal, to take back control of your life and to make a special dream come true.

Through intimate diary excerpts and personal emails from friends and family, Sarah opens herself unsparingly. On every page of this book you will hear from her “real-life angels”—Dr. Phil McGraw, Suze Orman, Martha Beck, and many more—as they help her get to the root of her problems, from comfort eating to self-loathing, from reckless overspending to notorious mishaps. Sarah hopes that her experiences will inspire you to look closely at your own life and how you wish to improve it, then encourage you to follow your instincts and find your true path. Sarah Ferguson did, and so can you.



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**David Byrd:**

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