



Advance Praise

for

From Junkie to Judge: One Woman's Triumph Over Trauma and Addiction

By Mary Beth O'Connor

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"Judge O'Connor casts an unflinching gaze over the past to explore the factors that contributed to her demise into drugs, abusive relationships and self-harm, and the resources that helped her build an empowered life. Harrowing and hopeful, her story assures readers that recovery is possible."

— **Jean McCarthy, podcast host of The Bubble Hour, author of the Unpickled series**

"A riveting memoir about a harrowing childhood and the deep abyss of drug addiction—followed by an inspiring story of recovery and a practical guide to building an individual recovery plan—no higher power required."

— **Mary M. French, administrative law judge, retired**

"*From Junkie to Judge* is an essential addition to addiction and recovery literature. Mary Beth's remarkable and gripping story smashes stereotypes about professionals and drug use. An avowed atheist, she also gives hope to those who've been told recovery requires faith."

— **Lisa F. Smith, author of *Girl Walks Out of a Bar: A Memoir* and co-host of Recovery Rocks podcast**

"What a wonderful example of the possibilities that are inside us all! This is a deeply relatable story of childhood pain that is transformed through the trials of addiction and recovery. This compelling account of triumph over adversity speaks to the challenges we all face and the hope of what is possible once we do the work of healing the past. As a person in long term recovery, I found *From Junkie to Judge* to be a valuable resource for those considering a life free of addictions."

— **Arlina Allen, One Day at a Time podcast host**

"*From Junkie to Judge* is a story of hard-won grace, and a remarkable tenacity to persevere. Mary Beth narrates an extraordinary journey of transcendence and advocacy. We are so fortunate to have her record, and this guide to recovery—and recovering well—that finds witness in her overcoming adversity, becoming oneself, and blazing the trail for others to follow."

— **John Evans, author of *Young Widower: A Memoir* and Stanford University lecturer**

“Recovery, like Rome, is a destination with many roads. There is an abundance of stories where recovery is laid at the feet of some notion of God. But only a small minority of addicted persons actually walk that pathway. Much larger numbers find recovery elsewhere. Mary Beth O'Connor's memoir begins to fill the information gap about recovery for people who, like many younger Americans today, check 'none of the above' when it comes to religious affiliation. Starting in her teens, Mary Beth did about all the drugs you can do. She could have been a poster child for the victims of dysfunctional family life. Yet eventually she pulled out of it. She tried 12-steps and found it wanting. She took charge of her own recovery. She achieved not only abstinence but big-R Recovery, overcoming her inner demons, and demonstrating the competence, intelligence, reliability, and social skills necessary for professional advancement. This is an inspirational story of survival and renewal.”

— **Martin Nicolaus, founder, LifeRing Secular Recovery, author of *Empower Your Sober Self and Recovery by Choice***

“There is often an unspoken hierarchy in the recovery community, with IV drug users unofficially labeled 'least likely to succeed.' Mary Beth's story counters that assumption in the most inspiring way. Her tale of trauma, loss, and ultimate victory over addiction is a testament to the strength of empowerment approaches to recovery like Women for Sobriety. If you are struggling with the idea that there is only one way to get sober, you need to read this book!”

— **Adrienne Miller, Women for Sobriety president and CEO**

“Very rarely do you find a person who has the courage to be so honest about not only their particular experience but the human experience. Judge O'Connor exhibits that courage in spades in her memoir. She takes you in detail through her struggle and her subsequent recovery from addiction and trauma. It is an unbelievable example of the indomitable will to not give up. As a person in long-term recovery and an addiction clinician, it was great to read something that details just how real addiction is, how hard getting sober can be and wonderful tools to help all of those in the fight. To anyone reading this who is struggling—you are worth it and deserving of all the beautiful things the world has to offer you.”

— **AJ Diaz, LMSW, CASAC-T, co-founder of You Are Accountable**