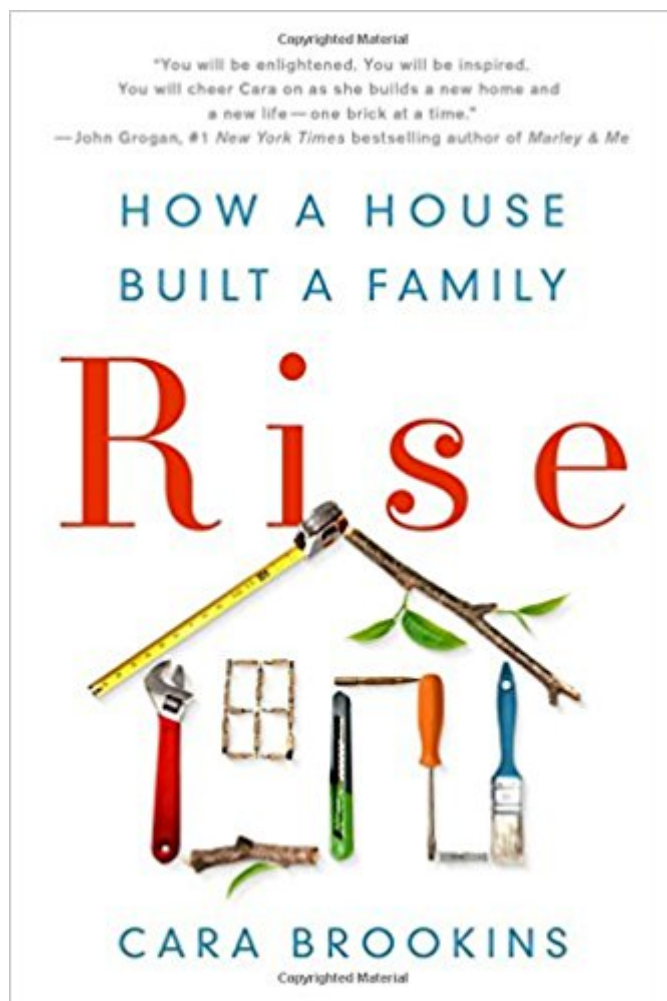


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# Rise: How A House Built A Family



## Synopsis

If you were inspired by *Wild and Eat, Pray, Love*, you'll love this extraordinary true story of a woman taking the greatest risk of her life in order to heal from the unthinkable. After escaping an abusive marriage, Cara Brookins had four children to provide for and no one to turn to but herself. In desperate need of a home but without the means to buy one, she did something incredible. Equipped only with YouTube instructional videos, a small bank loan and a mile-wide stubborn streak, Cara built her own house from the foundation up with a work crew made up of her four children. It would be the hardest thing she had ever done. With no experience nailing together anything bigger than a bookshelf, she and her kids poured concrete, framed the walls and laid bricks for their two story, five bedroom house. She had convinced herself that if they could build a house, they could rebuild their broken family. This must-read memoir traces one family's rise from battered victims to stronger, better versions of themselves, all through one extraordinary do-it-yourself project.

## Book Information

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## Customer Reviews

"An inspiring memoir of absolute determination." --Kirkus Reviews  
This rousing memoir beautifully illustrates how one family can look apprehension dead in the eye and scoff at it. For readers looking for inspiration to accomplish a daunting task, they need look no further than Brookins' highly engaging and encouraging book." --Booklist  
A tough, honest memoir. Brookins deftly narrates the extreme learning curve her family experienced while putting a

family back together again." **Publishers Weekly**"Cara Brookins did something remarkable with her life: She turned trauma into power and fear into courage. She refused to be a victim anymore. In powerful ways, her extraordinary memoir, *Rise*, tells the story of her resurrection from victim of domestic abuse to bad-ass mom with a hammer and carpenter's square. You will be enlightened. You will be inspired. You will cheer her on as she builds a new home and a new life for herself and her four children one brick at a time." **John Grogan**, #1 New York Times bestselling author of *Marley & Me*"If *Rise* were a novel, the plot would seem impossibly far-fetched. But Cara Brookins actually lived this story, and reading her account of it slowly filled me to the brim with admiration, hope, and belief that a determined human can do practically anything. *Rise* is a compelling story, lovingly told, that will uplift and inspire readers whatever their circumstances." **Martha Beck**, New York Times bestselling author of *Finding Your Own North Star*"Sometimes the universe puts us in a bad place and dares us to fight our way out. Cara Brookins did just this. We should all be as strong as her. This book will provide the powerful imagery and guidance for a generation of people who need to change their lives." **Tom Hart**, #1 New York Times bestselling author of *Rosalie Lightning*"This inspiring real-life story that's all the more amazing because it's true. Readers will be both spellbound and lifted by it." --**David Morrell**, New York Times bestselling author"Telling a story like *Rise* takes guts. It also takes talent, which Cara has in spades. To paraphrase *Sondheim*, she made a house, where there never was a house. And then she wrote this memorable book about it. Believe me, it's pretty rare for those skill sets to overlap." --**Laura Lippman**, New York Times bestselling author of *After I'm Gone*"Readers will be torn between believing Cara is a one-of-a-kind hero, and that anyone can be. At once heartbreaking and deeply inspiring, in *Rise*, Cara proves to herself, her children, and the rest of the world that strength comes from within and can be rebuilt, brick by brick. --**Hilary Liftin**, co-author of the New York Times bestseller *STORI Telling*"It has been a very long time since I have read a book as singular and as profoundly moving as *Rise*. *Rise*, by turns daunting and uplifting, gives new meaning to the concepts of heroism and sacrifice, and it is a remarkable construct in itself." --**Les Standiford**, author of *Water to the Angels*"An uplifting story of resilience." --**Real Simple Magazine**"*Rise* takes readers along on a transformative journey...all readers can find inspiration in Brookins's endeavor." --**BookPage**

CARA BROOKINS is a computer analyst and social media marketing expert based in Little Rock. She is the author of several middle grade and young adult novels. *Rise* is her debut memoir.

Let me preface this by saying that I read more than the average person. I own over 700 books, all of which I have read, and read on average 2-4 books per month and have for my whole life, more when I was younger. This may be my favorite book of all time. Maybe it is because I am also the survivor of a abusive marriage. Maybe it is because I am also a mom. Maybe it hit me at just the right time as we are at the beginning phases of embarking on a crazy journey to build our own house as well. Reading this made me feel more empowered, more understood, and more connected than any book I have ever read. If you are trying to understand anyone with past trauma, read this book. If you are recovering from past trauma, read this book. If you feel like life is too big and too difficult to handle sometimes, read this book. If you are struggling to find your way as a parent, read this book. If you want hope for the future, read this book. I can't even begin to explain how much "Rise" touched my heart. It will become one of those that I routinely buy copies of to have extra to give away. If you are on the fence about this one - get it! And read it with an open heart.

Liked this book! It takes a lot to get me into a book, and I really enjoyed this one. Happy

Enjoying how true and raw she writes. Having been a victim of an abusive marriage I can identify with what she is going through. Her story has inspired me to do the same with my children. We should all be so blessed to do projects together and grow together and "rise" as a family.

I read it and liked parts of it. I think she has talent as a writer but I got bored with the house construction.

I thoroughly enjoyed reading Rise. Cara and her family are blessed beyond imagination to have made it through the ordeal they went through to build their sanctuary. This was truly an inspirational read for women of all ages, especially those dealing with abuse and traumatic former relationships.

Great read about rising from life's ashes. Well written and brutally honest about being in an abusive marriage and living with paranoid schizophrenia! Amazing book!

great series

More than a how to. If anyone ever needed a new home away from memories of domestic abuse

this author did!

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