

Joy Road: My Journey from Addiction to Recovery

August 2019—A “Woodstock 50” memoir of addiction and redemption
by Woodstock writer and healer Julie Evans

This Baby Boomer coming-of-age story has it all: sex, drugs, hippies, a harrowing fall from grace, and a heartening turnaround. Praised by *New York Times* bestselling author Anne Lamott, Evans’s memoir begins in the mid-1950s and hurtles through to the ‘90s with a colorful cast of characters. Her journey is studded with a host of tragic losses and bad decisions, but Julie’s self-deprecating writing style leavens the tale with laugh-out-loud humor.

While still a teen in Rochester, MN, Julie loses her mother to alcohol poisoning and her dad to cancer. At age 17 she marries a newly sober heroin addict and the young couple move to Arizona. After finding her husband nodded out on the living room couch with a needle in his arm, Julie pulls up stakes and returns to Minnesota. From this point her journey of self-discovery veers to Key West, then to New Orleans, back to Minneapolis and on to New York City. Along the way, as stress mounts from the fallout of her many dubious choices, Julie develops addictions to sex, nicotine, alcohol and cocaine.

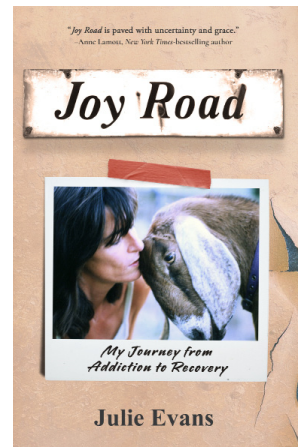
A move to Woodstock, New York, starts her on a long path to recovery. Evans takes up residence on Joy Road and begins to rescue and rehabilitate wild animals. The wise counsel of a country pastor and Julie’s program of service to others—both animals and humans—gradually bring her life into focus. Drawing on a newfound sense of peace, she becomes a successful massage therapist, married to a Woodstock musician.

Readers will find themselves cheering her along as Julie overcomes the final barriers to getting clean and sober. *Joy Road* powerfully captures the highs and lows of the addict’s ride, and articulates one woman’s path to recovery. This book, coming in August from WoodstockArts, will inspire readers everywhere.

About the Author

(www.wordsbyjulieevans.com)

Julie Evans, MA, is a licensed massage therapist, ordained deacon, healer, and freelance writer. Her work has appeared in *Healthy You* magazine, *Pulse* magazine (Voices from the Heart of Medicine), *Fictionique*, NPR’s *The Roundtable*, the *Woodstock Times*, and *Writers Read Online*. Later this year her piece “Sacred Touch” will be published in the anthology *Into Sanity: Essays About Mental Health, Mental Illness, and Living in Between* (Talking Writing Books, 2019). Julie lives in Woodstock, NY, with her husband, Tommy Porto, and their cat, Marietta.



“*Joy Road* is paved with uncertainty and grace.”
~Anne Lamott, *New York Times* bestselling author

“*Joy Road* is a marvelously written book. Get it!” ~Abigail Thomas, author of several memoirs, including *A Three Dog Life*

“Alternately touching, hilarious, frightening and uplifting, *Joy Road* is a powerful narrative of personal redemption in its own right, but it is the unadorned, authentic voice of the writer that makes this memoir utterly unforgettable.”
~Steven Lewis, author of *Loving Violet*

For more info, contact:
Julia Blelock, Publicity
WoodstockArts
jblelock@woodstockarts.com
845-679-8555
www.woodstockarts.com