

An unforgettable story of a mother's endless love, the heartbreak of addiction, and the gift of recovery

From *New York Times* Bestselling Author
Katherine Ketcham

THE ONLY LIFE I COULD SAVE

On Sale April 1, 2018 / Sounds True Hardcover

Katherine thought she knew it all when it came to addiction and recovery. By 2001, she had over 20 years of hard-earned experience and had written over 10 books on the subject. But then the day came when addiction entered her own home, and she quickly realized that she really didn't know a damn thing.

"Ben is not addicted, I keep reminding myself. I would be able to see it, even in its early stages. I know what addiction looks like."

Like most parents, Katherine Ketcham never imagined she'd need to have an intervention with her child. She was an expert on the subject, knew the cautionary signs, and even led treatment and recovery groups at her local Juvenile Justice Center in Washington State.

But then, in 2001, the call came from the middle school principal. Katherine's 12-year-old son, Ben, had been found with drugs in his possession. And just like that, her world was flipped upside down. She soon recognized that so much of what she'd learned about addiction no longer applied. *"And then the battle came to me, engulfing my family in an agony of helplessness, fear, and threatening to take everything good, strong, and kind from the son I love more than life itself. In those ditches, though, in the muck and the mud and the horror of it all, I learned the most important lessons of all about honesty, humility, hope, faith, gratitude, and forgiveness."*

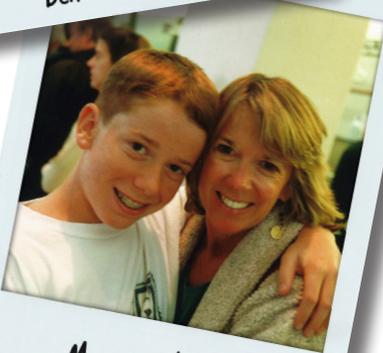
It's through Katherine's breathtaking gift of storytelling that we experience firsthand some of her darkest, most vulnerable, most painful life moments as a mother. Poignant, raw, and yet, ultimately uplifting, **THE ONLY LIFE I COULD SAVE: A Memoir (On Sale April 1; Sounds True Hardcover)** is an intimate look at addiction through the eyes of an expert who must let go of what she thought she knew and learn to confront her son's battle in the way only a mother can.

THE ONLY LIFE I COULD SAVE: A Memoir

by Katherine Ketcham / Sounds True / April 2018/ Hardcover
240 pages / 6" x 9" / US \$21.95 / ISBN-13: 978-1-62203-977-7
Memoir, Addiction Recovery / Rights: World



Winter '88
Ben 18 months



March '97



Sept. '98
Ben and Nellie



Oct. 2002
Homecoming Dance



June 2003
Ben's 17th Birthday

ABOUT THE AUTHOR:

KATHERINE KETCHAM has been writing nonfiction books for over 30 years and has coauthored 16 books—10 of which are on the subject of addiction and recovery. She co-authored the *New York Times* bestseller, *Broken*, with William C. Moyers. Her books have been published in 16 languages. Ketcham has led treatment and recovery efforts at the Walla Walla Juvenile Justice Center, and in 2002 she founded Trilogy Recovery Community. She lives in Washington State. For more information, visit katherineketchambooks.com.



ADVANCE PRAISE FOR *THE ONLY LIFE I COULD SAVE*:

“From a mother’s harrowing journey into the dark abyss of fear to the bright light of hope, help and healing, this story unfolds the vivid gamut of emotions any parent knows when a child becomes entangled in alcohol or other drug use. A must-read for anyone who wants to know what to do (and not to do) to help a loved one recover from addiction.”

—**William C. Moyers, *New York Times* bestselling author of *Broken***

“[A] wise and wonderful masterpiece...*THE ONLY LIFE I COULD SAVE* is a powerful and insightful work... The current national addiction crisis has created a plethora of books, podcasts and documentaries on how to best respond to this epidemic, but this book is different. Katherine Ketcham knows addiction. Not only is she a best-selling author and expert on the disease, she has also experienced addiction first-hand through her son Ben’s journey through addiction and recovery.”

—**Susan Broderick, Associate Research Professor, Georgetown University**

“Eloquent and moving...Ketcham’s engaging writing style will capture and sustain the interest of the many families battling addiction in their children as they fear the worst but hope for a good outcome modeled after [her son’s] recovery.”

—**David Smith, MD, Founder of Haight Ashbury Free Clinics**

“I’ve been treating addictions as a clinical psychologist for over 40 years, and I’ve never met anyone who understands the emotional, spiritual and psychological experience of an addicted human being as well as Kathy Ketcham.”

—**Arthur P. Ciaramicoli, Ed.D. Ph.D., author of *The Stress Solution***

“What is it like for a mother (and an addictions expert) to experience her teenage son’s drift into addiction and struggle through treatments before finding his own road to recovery? That question is answered in Katherine Ketcham’s riveting story, *THE ONLY LIFE I COULD SAVE*. This both heartbreaking and uplifting story will offer readers an insider’s view of the family experience of addiction, treatment, and recovery. Highly recommended.”

—**William White, author of *Slaying the Dragon***

“With addiction, no matter how deep the despair of the family, there is hope. No matter how sick the addict, the miracle of recovery is possible. These truths are beautifully brought home in Kathy Ketcham’s latest wonderful book, *THE ONLY LIFE I COULD SAVE*.”

—**Charlie Kester, Owner of Lakeside Milam Recovery Centers**

“Ketcham’s powerful story and the vulnerability with which she shares it hits hard—both in your head and in your heart. Her storytelling elicits a visceral and emotional reaction that awakens and heals...I had to stop to wipe away tears. Her story is my story, my mother’s story, and all of our stories. It’s a must-read for anyone seeking to understand the inevitable roller coaster ride of life, how awareness and acceptance are the landing pads to peace, and a reminder of the humanity and spirit that exists in all of us.”

—**Rick Shamberg, CEO of Gray Wolf Ranch**

“Remarkable book...I was so deeply touched with the rawness of Kathy’s journey and her courage to hold nothing back...This is a MUST read for all persons struggling with how to save their addicted loved ones from addiction.”

—**Joyce Sundin, Intervention Specialist**