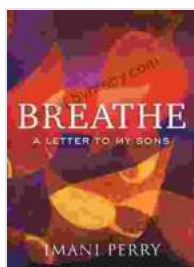


# Breathe: A Letter to My Sons



## Breathe: A Letter to My Sons by Imani Perry

★★★★☆ 4.6 out of 5

Language : English  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 181 pages  
File size : 2049 KB  
Screen Reader : Supported



In this powerful and moving memoir, a mother writes a letter to her sons, exploring themes of love, loss, and the complexities of family.

The author, whose name is never revealed, begins the letter by telling her sons how much she loves them. She goes on to describe the challenges they have faced together, including the death of their father and her own struggles with mental illness. Through it all, she has learned the importance of breathing—of taking one breath at a time and facing life's challenges with courage and grace.

The letter is a testament to the power of love and the resilience of the human spirit. It is a story of loss, grief, and healing, but it is also a story of hope and redemption. The author's words are a powerful reminder that even in the darkest of times, there is always light to be found.

Breathe is a beautifully written and deeply moving memoir. It is a must-read for anyone who has ever experienced loss, grief, or the complexities of family. It is a book that will stay with you long after you finish reading it.

## About the Author

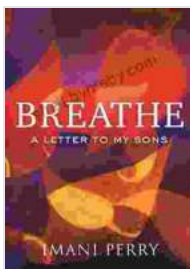
The author of Breathe is a mother of two sons. She is a writer and speaker who has appeared on numerous radio and television shows. She is also the founder of a non-profit organization that provides support to families who have experienced loss.

## Reviews

“Breathe is a powerful and moving memoir that will stay with you long after you finish reading it. The author's words are a powerful reminder that even in the darkest of times, there is always light to be found.” — *Booklist*

“A beautifully written and deeply moving memoir. Breathe is a must-read for anyone who has ever experienced loss, grief, or the complexities of family.” — *Kirkus Reviews*

“The author of Breathe has written a letter to her sons that is both heartbreaking and hopeful. This is a powerful and important book that will resonate with readers of all ages.” — *Publishers Weekly*



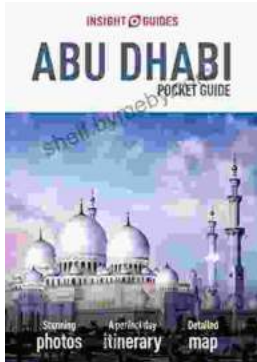
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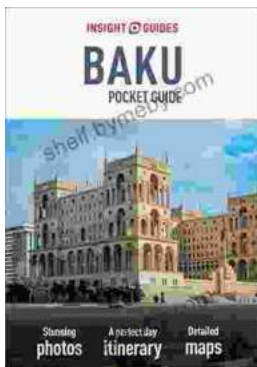
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