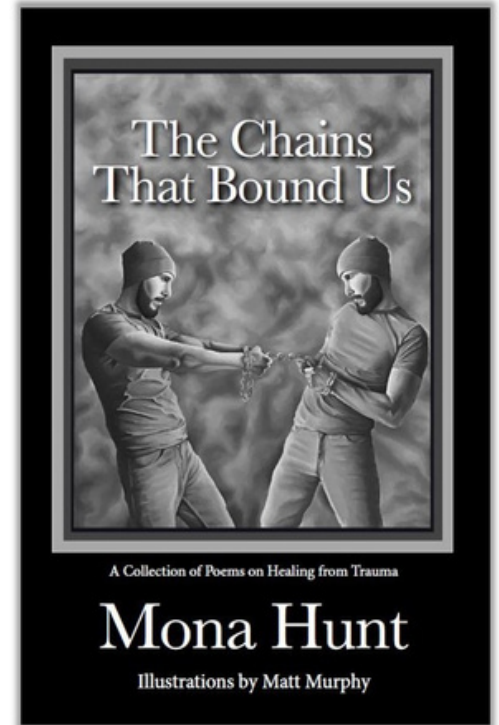


# Recovering Artist Illustrates the Bondage of Substance Abuse in New Poetry Book

## The Chains That Bound Us

Mona Hunt, former teacher, counselor, and at-risk high school principal, releases her premier poetry book entitled *The Chains That Bound Us*. Illustrated by Matt Murphy, who himself struggled with substance abuse, this collection of poems fosters greater awareness and understanding of life-altering trauma, features a trauma-informed breathing and art exercise, and provides resources to take action towards recovery.

Mona explores themes such as faith, hope, and love and how these sentiments heal an individual from trauma. Illustrating the transformation from hopelessness to self-forgiveness, *The Chains That Bound Us* shows that while trauma will always be a part of an individual, it no longer has to define them.



To secure Matt Murphy for speaking engagements or interviews, Call (314) 781-8880, or email [admin@pc40.com](mailto:admin@pc40.com)

## About Matt Murphy



Matt Murphy is an artist from St. Louis, Missouri who enjoys all forms of creativity. He has had his own struggles with substance abuse and addiction but has also found sobriety with a changing of paths. He uses his failures as fuel and his passions

as a vehicle, hoping his art can help, inspire, and relate to anyone struggling with addiction.

To order *The Chains That Bound Us*, scan the following QR code:

