



Rise: How a House Built a Family

Cara Brookins

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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.

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