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Lisa Mack-Finn

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After suffering an accidental blow to the head which resulted in a brain injury, a young mother's life is forever changed. Writing entirely from the author's point of view, Lisa Mack-Finn describes the heart-wrenching night she began documenting her thoughts as a means of therapy. Hidden behind sunglasses, curtain drawn rooms and seeking refuge from noise and light, she secretly began to list all of the things that she was worthy and deserving of. The list transpired into a thought provoking series of -Unknowns that were never intended to become public, until now. Carefully selected by the author, the –Unknowns are meant to empower anyone at a loss or looking for validation that they are not alone. Using a raw, witty, and provocative voice, Lisa shares her journey as lessons learned which is ultimately paving her way towards peace.

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