

New Memoir Exposes the Raw Reality of Addiction and Homelessness That Society Chooses Not to See

Sash Nesh Draws on Years of Living Without a Fixed Address to Write the Book No One Else Could



Ajax, Ontario Feb 27, 2026 (Issuewire.com) - *A Life Spent Surviving: A Memoir of Addiction, Survival, and the Long Road Back to Self with No Fixed Address*, written by Sash Nesh, is now available worldwide. The book offers a rare, first-person account of years spent homeless across Canada and the United States, navigating alcohol dependency, mental health crisis, and the quiet, grinding effort it takes to stay alive when survival itself is not guaranteed.

Spanning cities including Calgary, Chicago, Los Angeles, Miami, and Detroit, the memoir traces Nesh's journey from the inside out. She writes about hopping freight trains after being released from jail, finding shelter inside 24-hour gyms, waking up in hospitals with no memory of how she arrived, and the slow erosion of identity that comes from being invisible in plain sight. Rather than framing her experience as a cautionary tale or a redemption arc, Nesh writes with honesty and precision about what life on the margins actually looks like and why so many people end up there.

“This book is not about being brave. It is about staying. Staying when everything inside you wants to disappear.”

— Sash Nesh, *A Life Spent Surviving*

The memoir addresses the systemic failures that make homelessness and addiction so difficult to escape, challenging the persistent belief that these are personal failings rather than human responses to pain, loss, and circumstance. Nesh writes with equal weight about the strangers who kept her alive with small acts of kindness and about the mother whose love, though unable to cure her addiction, refused to let her disappear entirely.

A Life Spent Surviving is not a book about extraordinary suffering. It is a book about ordinary circumstances that spiral beyond a person's control, and about the stubborn human will to keep going even without belief that things will improve. For readers who have lived this life, it offers recognition. For readers who have not, it offers understanding.

The book is available now at \$9.99 across all major retail platforms, including Barnes and Noble, Apple Books, Rakuten Kobo, OverDrive, Everand, Hoopla, Smashwords, Gardners, Fable, BorrowBox, Vivlio, Tolino, and CloudLibrary.

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ABOUT THE AUTHOR

Sash Nesh is an author and advocate whose debut memoir draws on years of lived experience with homelessness and addiction across Canada and the United States. She writes to challenge the assumptions society makes about people living on the margins and to speak for those who remain unseen. *A Life Spent Surviving* is her first book.

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