

## From Rock Bottom to Redemption: One Man's Journey Out of Addiction and Into Purpose

After losing everything to addiction, Jonathan Head shares the raw turning point that changed his life—and a message of hope for anyone who feels beyond saving.



**Gander, Newfoundland and Labrador May 6, 2026 ([Issuewire.com](https://www.issuewire.com))** - In a world where addiction and mental health struggles often stay hidden behind closed doors, Jonathan Head is stepping forward with unfiltered honesty in the release of their new book, *Broken, But Not Defeated*—a deeply personal story of loss, survival, and redemption.

Once trapped in the depths of addiction, homelessness, and hopelessness, Jonathan knows firsthand what it feels like to hit rock bottom. Facing moments where giving up felt like the only option, everything changed after a powerful turning point involving their child—an experience that sparked the beginning of a life-altering journey toward recovery.

“Addiction took everything from me—my peace, my purpose, and almost my life,” says Jonathan. “This book is for anyone who feels like they’re too far gone. You’re not. There’s a way out.”

Broken, But Not Defeated doesn’t shy away from the darkest moments. Instead, it brings readers face-to-face with the reality of addiction while offering something many recovery stories miss—hope that feels real, not forced. Through raw storytelling, Jonathan shares the pain, the setbacks, and the small victories that ultimately led to rebuilding a life from nothing.

More than just a memoir, the book is a message to those still struggling: recovery is possible, no matter how far down someone has fallen.

Today, Jonathan uses their voice and platform to connect with others, especially through live content and community engagement, creating a space where honesty, support, and growth come first.

Broken, But not Defeated is now available on Google Books, Amazon Kindle and Amazon worldwide Paperback

#### About the Author:

Jonathan Head is a content creator, speaker, and recovery advocate dedicated to helping others break free from addiction and rebuild their lives. Through storytelling and community, they aim to turn pain into purpose and remind others they’re never alone.

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