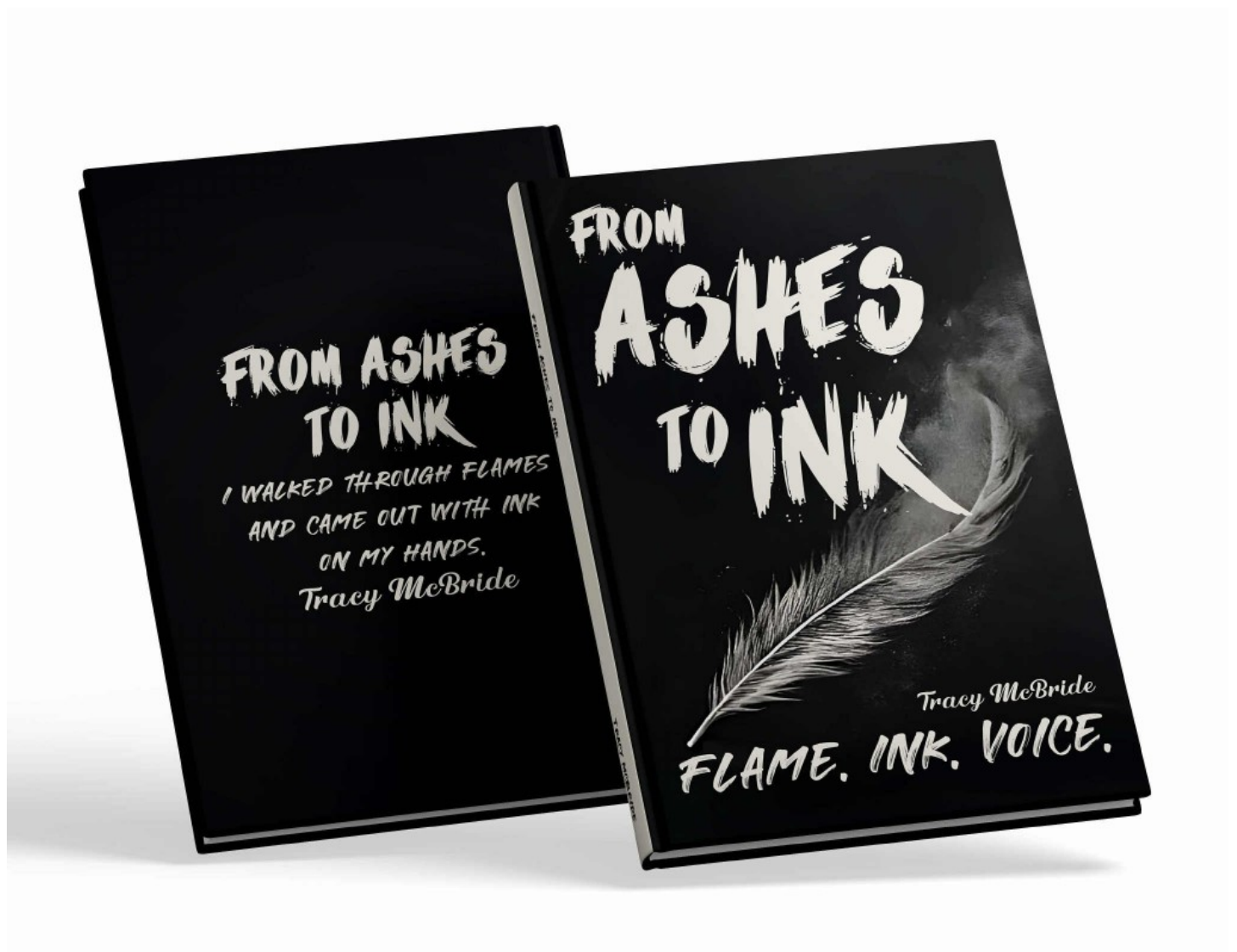


from Ashes to Ink Transforms Trauma Into Strength and Hope

A raw and unflinching collection of poetry that transforms a journey through trauma into a message of healing, resilience, and hope.



Los Angeles, California Jul 22, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Author and poet Tracy L McBride announces the release of her deeply affecting poetry collection, *from Ashes to Ink: Poems of Survival, Strength, and Everything in Between*, a powerful work that gives voice to the unspoken realities of abuse, survival, healing, and self-reclamation. Written with honesty and emotional clarity, the book stands as both a personal reckoning and a shared refuge for readers who have endured the unthinkable.

from Ashes to Ink was born from the darkest spaces a person can survive and the fierce strength discovered on the journey forward. Drawing from her own experiences, McBride uses poetry as a means of truth-telling, tracing the collapse of a life shaped by fear and the slow, courageous rebuilding of identity afterward. Each poem reflects a journey through fear, anger, numbness, hope, healing, and ultimately rising.

Rather than offering distance or abstraction, McBride's poetry reaches directly into the lived experience of trauma. The collection speaks openly about emotional and physical abuse, manipulation, control, and the loss of self that can accompany survival. These poems do not soften reality. They illuminate it. The result is a body of work that feels intimate, honest, and deeply human.

The inspiration behind from Ashes to Ink comes from McBride's refusal to allow silence to have the final word. This collection exists for those who have been silenced, hurt, dismissed, or underestimated. It acknowledges the complexity of survival and honors the courage required not only to leave, but to rebuild a life afterward. Through language that is raw and reflective, McBride transforms what tried to destroy her into fuel for rebirth.

McBride's work affirms that healing is not linear and that strength does not always appear loud or triumphant. Sometimes it appears quietly—in the decision to write, to speak, and to continue. Each poem becomes an act of reclamation, restoring voice, agency, and selfhood one line at a time.

from Ashes to Ink is not simply a poetry collection. It is a survival story written in pain, rebuilt in strength, and carried forward in ink. It stands as proof that even after devastation, the human spirit can endure and that what tried to break you can become the foundation of who you are becoming.

A Continuing Journey of Survival and Empowerment

from Ashes to Ink marks the beginning of Tracy L McBride's exploration of survival, healing, and transformation. The journey continues with Shattered, a powerful work that examines the emotional aftermath of trauma, the breaking of old patterns, and the process of reclaiming personal power.

Following Shattered, McBride's upcoming book Unbound continues the path toward freedom, self-discovery, and the strength found in releasing what once held us captive.

Together, these works reflect McBride's commitment to telling stories of resilience—not only about surviving difficult experiences, but about finding the courage to heal, grow, and create a new chapter.

from Ashes to Ink reminds readers that survival is not the end of the story. Healing, hope, and new beginnings are possible—even after the deepest wounds.

The book is now available. Secure your copy here:

<https://a.co/d/iJEDLIA>

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