



# Purpose for the Pain

*Renee Yohe*

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## **Purpose for the Pain** Renee Yohe

Purpose for the Pain is the inspiring story of a young woman's battles through addiction, depression and self-mutilation. In heartbreaking detail and poetic outpourings, Renee Yohe (the inspiration behind the non-profit movement, To Write Love On Her Arms) chronicles her journey from self destruction to new life. Over four years of journal entries, she takes readers through her deepest moments of despair to the hope on the other end. Renee's story is a light of possibility to anyone who feels trapped by darkness.

## **Purpose for the Pain Details**

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Author : Renee Yohe

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# From Reader Review Purpose for the Pain for online ebook

## Paige Pagnotta says

The censored swear words really bothered me for some reason. I just didn't really see the point in doing that and even feel like it took away from the story. Other than that, this was a very interesting & personal book.

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## Kristin says

My favorite organization was started because of this girl. It's the journal of Renee Yohe who struggled with addiction, self-harm, suicidal ideations and depression for many years. It's absolutely incredible and extremely intense in many parts. The reason I rated it a 3, however, is because it can be incredibly difficult to follow at times. A lot of the journal is poetry. She absolutely conveys what she wanted to, but it can get confusing. Still good though. Quick read.

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## Rebecca McNutt says

I find books like these somewhat cumbersome to read. I can appreciate that it's therapeutic in nature to put down feelings of depression and sadness into words on paper, but I've never really been a huge fan of this type of writing.

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## Laura says

"We are not our scars  
We are found in the beauty  
Of their healing"

- Renee Yohe, Purpose for the Pain.

I expected to love this book, but the connection I feel with Renee developed beyond anything I had hoped to gain from reading it. There's something so deeply personal about reading another person's diary. I can't explain what it is, but you'll know what I mean as soon as you begin Purpose for the Pain.

I want the title of this book tattooed on my body someday so I will never forget what I've learned and loved here.

I truly have learned so many things just from the collection of intense hours I spent reading Renee's often painful, always beautiful journal. I can't call myself exactly the same person I was before I started, and that's no lie or joke. Now, you could technically say that every book changes you in some way because that's just the power of books - but this one is truly special, especially for anyone who has struggled with depression, alcoholism, or self harm.

The book is comprised of photocopied pages from Renee's actual journal. Some are hard to read, but it's worth every minute spent deciphering the words. Some pages are smeared with blood, which makes the events all the more real. But along with the blood and the pain, you will find redemption. So much redemption - and that's even more vibrant than any blood will ever be.

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### **Cat says**

My favorite book of all time and I read it quite often. I am obsessed with the concept of an entire book being pieces of Renee's diary. It's beautiful but tragic at the same time.

This book means a lot to me personally. The non-profit organization that was created as a way to help her has done a great deal for me. This book is the meaning behind the tattoo I have. I highly recommend this book. It can be a bit triggering for anyone that has been through anything that is talked about in the book. I do not suggest reading it if you are not in a good place right now.

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### **Adel says**

I know I have no room to talk because I obviously didn't finish this book, but from what I read, it was terrible. I know it's a collection of journals and I feel very sorry for Renee and what she went through, but I just wish it would have been more interesting and easier to read. I mostly didn't like the fact that they kept it in her handwriting. I feel like they should have rewrote it in typing because I found myself having to reread sentences over and over just to try and understand her handwriting.

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### **Stephen says**

Flipping through the pages and the first thing you notice is that it's straight-up scans from Renee's journal. I thought that was interesting and different and it felt personal, as if Renee was trying to connect to the reader at that level. Although there is the problem of readability. Some readers are not able to read Renee's writing, especially when it's grey/black/white scans. I did manage to read most of it, and what I couldn't read didn't really take away from the book.

The writing in which Renee does her journal entries is very poetic and descriptive. It goes into Renee's feelings on a much deeper level, beautifully written, very raw on the emotion. But pretty much the journal entries are emotions, for the most part. So there is no distinct narrative in the journals, therefore you don't really know what's happening at that point in time. I wished I could follow a story, some timeline that can accompany with the emotions. You know when something good or bad happens depending on her emotional entries, but you don't exactly get to know what it might be.

As beautiful as the poetic entries are, trying to connect with Renee was hard. Maybe because I didn't know what was happening at the point in time. Even though I've had my fair share of depression and suicidal tendency experiences, Renee's experiences are so much more and I think I need to have gotten to that level to really connect with the book.

What's something that was outstanding to me was her entries where it says what she's thankful for. And the

things that she was thankful for was the simple everyday things we might take for granted. She thanks things like her friends, meetings, a good meal, her parents, going to work, having a nice day etc. So that was nice.

I'm not going to rate this book this time. To those who have gone through the same path, it may be quite an inspirational read.

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### **Felicia Burriss says**

This book, much like my life, was an epic struggle of love, addiction, hurt, pain, and all the hardships people go through in life. I can only say this: "Stop the bleeding. Rescue is possible. Love is the movement."

read this book, it will change your life and the perspective you take on self-mutilation.

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### **Jill says**

It took me longer to read this book than it should have because there were times when I couldn't put it down, and times when I didn't want to go back to it. It's definitely a book that you get into; it's not light reading in any sense of the phrase. I've read that some people are worried this book could serve as a trigger for those who have experienced some of the issues described in its pages. Personally, I don't think this book will trigger someone to go back to self destructive behavior, but I do think this book will only be of interest to those who have experienced some of the same struggles/self-destructive behaviors described in the book (substance abuse, self mutilation, depression, etc.). This is not a book for someone wanting to understand "why would someone do that." This is a book for people who have been there. The writing is not linear, and it's not written to help the reader understand the author's behavior (remember: you're reading someone's diary; it reads like a diary).

If you're looking for solidarity, read this book. There are so many parts of this book that are painfully beautiful, and you can start to feel like you're reading the diary you wish you'd written along the way. If you're hoping to understand the "why" of someone else's behavior, look elsewhere.

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### **Sally says**

This is a story of the struggle that Renee Yohe went through.

I like many others, I found myself rereading things over and over again. But as it went on, I got used to the handwriting. I wouldn't dock this book on keeping it in her original handwriting. In fact, I think it adds to the story. Not only did we get to read Yohe's struggles, we got to see it too; the raw emotion comes through those private handwritten journals.

I was okay with things being blacked out. I'm assuming they were names of people or swear words.

Incredibly inspiring. A beautiful book.

Hope is real. Help is real. Rescue is Possible.  
Stop the bleeding. TWLOHA.

Perfection is surrealism. pg3  
In falling, we learn to fly. pg3  
A failure. A fall. A means to an end. Thats all... pg63  
Stuck in a world inside my head. pg68  
Falling down is an opportunity to get up, it is only when I refuse to learn that I have failed. pg200

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### **Laura Dells says**

Renee Yohe is the reason I'm alive. She has inspired me so much. This book is amazing. And so is Renee Yohe and To Write Love On Her Arms. Thank you.

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### **Lisa says**

a very different read, difficult to follow at times but amazing all the same.  
it is the exact copy of the diary of renee yohe. i love how they kept it in her writing, cause it makes it so much more personal. its honest, heartbreaking but has a happy ending. for fans of TWLOHA or people who have gone through things like depression, cutting and addiction, its a great book to read. may be emotionally hard to read for some, and may even be a bit triggering for others, but if you can handle it, i definetely recommend it. great book.

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### **Ella says**

Have a copy to give away if anyone wants one. Lightly used. This really should be a one-star review, but I feel very judgy giving "stars" to anyone's personal journal. On the other hand, I paid money for a copy, as did many other people. Once we put things into the world, we have to understand that people will have opinions.

A caveat: I'm a big supporter of the idea of this book as well as the organization the author and her friends (featured in this book) started: To Write Love on Her Arms. Support for those in need will always have my support, so if you or someone you know is struggling with self-harm, suicidal ideation or substance abuse, feel free to PM me for referrals or try this group.

To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.  
TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.

Now, about the book. It has its own issues. The beginning chapter and introduction are interesting and have a

story, but they're very "Christ-in-your-face" to start, and then when we get into the "book" it's just -- someone's journal. I'm down with Jesus, but I do not like to be preached at. I'd hoped it would be a different encouraging tool for people who self harm, but it's 1) more about addiction and 2) glosses over a lot of the muck and mire without a real point and then by the end [after only 2 years sober] to just say "all is well in the Lord." While that may be true NOW, I can guarantee it wasn't when these journals were written.

Then there's the issue of the type of journal. This is a young girl who is enamoured with poetry and she writes in poems or song lyrics or snippets of flowery, sometimes purple prose. I'm not going to go after her writing, but it doesn't lend itself to a story of what happened. It's not a "today x happened" or "I want to write about x event" journal. It's very abstract and doesn't explain any of the actual events except almost in passing. I found myself flipping around wildly to try and understand what events she was writing about. Clearly there was some trauma, but she never just writes "x happened to me at z time" -- connecting chapters written in aid of understanding the journals, rather than just photocopying them, would have tremendously improved this endeavor.

Also, it's a great idea to see the actual written pages, but MAN - they're really hard to read at times. I read it twice, just to make sure I had an open mind and heart. I did. I just couldn't like this diary. It's not a tool. It's a screed -- as a journal should be, but it could've done with some editing or... perhaps it should have simply remained a private journal, shared amongst friends, therapist or whomever, but not offered for sale to the world at large.

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### **Lauren says**

I love this book. I especially love the fact that it is copied had written journal entries. The entries are raw and heartbreaking at times. As well as funny and happy at others. This book really opened my eyes to what it is like to struggle with additions, self harm, and abuse. it is also a testament that recovery is possible. I highly recommend this book to all. I would even go as far to say it should be required reading for high school students.

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### **Cosima says**

Truth. Brutal truth that I, myself, have known quite intimately. Renee unlocks the doors into her brain and her soul for people to see. For many, it will make no sense. For me, the reminder of beauty in the belly of the beast has touched my heart.

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