



Second Chances: From Truck Stop Waitress to Psychotherapist

Patricia Spranger

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Does coming from a dysfunctional family mean you're doomed to repeat the mistakes of the past? Patricia Spranger argues no in her inspirational memoir, *Second Chances*.

In a compelling and candid manner, Patricia describes her childhood growing up in a family fraught with emotional problems. Determined to create a more peaceful life for herself, she finds comfort in exploring nature and discovering new ventures on her own.

After studying German in college, Patricia falls for Peter when he takes her to visit a fairy-tale castle. But marriage and moving to Germany leave her feeling too much the foreigner, both in the country and the relationship.

Sad, but hopeful, Patricia returns to the United States with her two children for a fresh start. After going back to school and getting a job, she renews her self-confidence. Her desire to help others, and ultimately herself, leads her to become a psychotherapist. Her past experiences will be her most treasured tools in empowering others to seek a more satisfying path forward.

Second chances do exist, but sometimes you must face the unknown to find the happiness you crave.

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