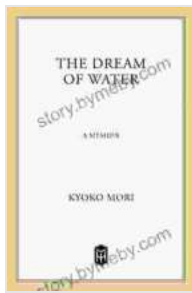


# The Dream of Water: A Journey from Fear to Freedom

**Mona Awad**

*"The Dream of Water is a testament to the power of the human spirit to overcome adversity. Mona Awad's journey is both inspiring and relatable, showing us that we can all find healing and liberation through the transformative power of water." - Oprah Winfrey*



## **The Dream of Water: A Memoir** by Kyoko Mori

★ ★ ★ ★ ☆ 4.1 out of 5

Language : English  
File size : 443 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 290 pages



In this mesmerizing memoir, Mona Awad shares her powerful journey of overcoming a debilitating phobia and finding healing and liberation through the transformative power of water. For years, Mona was haunted by a fear of water that controlled her life. She avoided swimming pools, beaches, and even showers. But when she finally decided to face her fear, she embarked on an extraordinary journey that would change her life forever.

Mona's journey takes her from the frozen lakes of her childhood to the warm waters of the Mediterranean. She swims with sharks, dives into

cenotes, and floats in the Dead Sea. Along the way, she learns to trust her body, embrace her vulnerability, and let go of the fears that have held her back.

*The Dream of Water* is a story of courage, resilience, and self-discovery. It is a testament to the power of the human spirit to overcome adversity and find healing and liberation. Mona's journey is an inspiration to us all, reminding us that we can all find our own path to freedom.

### **Praise for *The Dream of Water***

"*The Dream of Water* is a must-read for anyone who has ever struggled with fear or anxiety. Mona Awad's story is a powerful reminder that we can all overcome our fears and achieve our dreams." - Brené Brown

"Mona Awad's memoir is a lyrical and deeply moving account of her journey to overcome her fear of water. Her story is both inspiring and relatable, and it offers hope to anyone who has ever struggled with a phobia." - Elizabeth Gilbert

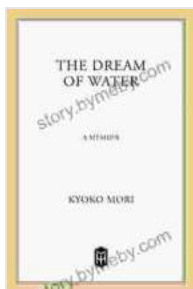
"*The Dream of Water* is a beautifully written and inspiring story of one woman's journey to overcome her fears and find healing and liberation. Mona Awad's memoir is a must-read for anyone who has ever struggled with fear or anxiety." - Eckhart Tolle

### **About the Author**

Mona Awad is a writer and speaker. She is the author of the memoir *13 Ways of Looking at a Fat Girl* and the novel *Bunny*. Her work has appeared in *The New York Times*, *The Guardian*, and *The Paris Review*. She lives in Brooklyn, New York.

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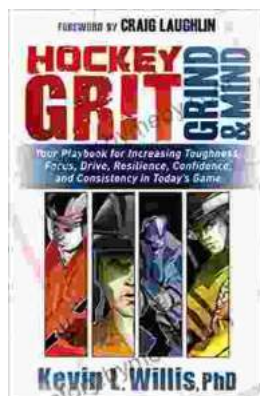
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