



No dead ends.



Karissa Block

About the Book :

**Whoops, I cut my thumb off!
I fought the saw and the saw won**

In her twenties, Karissa was eager to explore the not-so-conventional curiosities of her spirit. While working as a butcher, she was faced with a traumatic setback when she cut her own thumb off on a bandsaw. Although it wasn't easy, she refused to let this life-altering injury get the best of her. Karissa shares vulnerable moments of enduring hardship and the tumultuous journey of putting the pieces of her life back together. This memoir highlights one girl's story of embracing obstacles, connecting with others and writing for the sake of healing.

Karissa Block is the author of "**Whoops I Cut My Thumb Off: I fought the saw and the saw won**", a memoir about her own amputation after an accidental run in with a bandsaw. The traumatic story sparked Karissa, former butcher, to delve deeper into the reality of the various and often lengthy healing processes that come with trauma. She learned one of the greatest lessons conducive to healing is connecting with other people. This fact kickstarted the idea for the New Story Project where Karissa connects with others who have experienced traumatic events. Karissa examines the universal commonalities of avoiding discomfort and seeking absolution. She also discusses coping methods that have worked for different people in various situations. Karissa has been through her own chunk of adversities and she eagerly hopes to share the wisdom and experience gained from her own story too. She is a self-expression daredevil and her passion for life and compassion for people fuel her desire to help others heal, one story at a time.