



# Rise: How a House Built a Family

*Cara Brookins*

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**Rise: How a House Built a Family** Cara Brookins

**If you were inspired by *Wild and Eat, Pray, Love*, you'll love this extraordinary true story of a woman taking the greatest risk of her life in order to heal from the unthinkable.**


After escaping an abusive marriage, Cara Brookins had four children to provide for and no one to turn to but herself. In desperate need of a home but without the means to buy one, she did something incredible.

Equipped only with YouTube instructional videos, a small bank loan and a mile-wide stubborn streak, Cara built her own house from the foundation up with a work crew made up of her four children.

It would be the hardest thing she had ever done. With no experience nailing together anything bigger than a bookshelf, she and her kids poured concrete, framed the walls and laid bricks for their two story, five bedroom house. She had convinced herself that if they could build a house, they could rebuild their broken family.

This must-read memoir traces one family's rise from battered victims to stronger, better versions of themselves, all through one extraordinary do-it-yourself project.

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