

# My Journey Beyond Addiction

Closer to Faith, Closer to Home

*Rebuilding trust, reconnecting with my family,  
and giving back through volunteering have  
been life changing.*

**Author: Darling Zuraini Abdullah**

*Curated & Edited by Mohamed Ismail*



## Dedication

To my children—my reason to rise, my strength to heal, and my greatest gift of all.

To my family, who loved me at my lowest and believed in me when I couldn't believe in myself.

For my grandchildren—may you grow up knowing that second chances are real, and love always wins.

For everyone who has ever felt lost in the darkness. May you find your light and never give up hope.

This book is dedicated to the silent fighters—the ones battling in the shadows. You are not alone.

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*Before It All Started “From silence to voice, from shadow to light.”*

*“From silence to voice, from shadow to light.”*

# Copyright

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## Disclaimer:

This book is a work of lived experience. Names, identifying details, and certain events have been changed to protect the privacy of individuals. The author is not a medical professional. The content of this book is not intended as medical, therapeutic, or legal advice. Readers are encouraged to seek professional help where appropriate.

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## About the Author

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Zuraini's life has traveled through shadows and into light. After more than two decades of addiction, she found her way back through faith, resilience, and love. Today, she shares her story not as a warning but as a witness to the power of second chances.

A mother, grandmother, and mentor, she draws strength from the family who now walk beside her as symbols of healing. From her home in Singapore, Zuraini speaks to break stigma and to remind others that recovery is not only possible—it is a journey worth taking.