

# PRESS RELEASE

## FOR IMMEDIATE RELEASE

From Addiction to Awakening: New Memoir *\*My Broken Wheel\** by Bobby McGinnis Offers a Raw, Transformational Journey of Ego Death, Healing, and Redemption

Merrickville, ON / April 29, 2025 – Canadian author and musician Bobby McGinnis has released his powerful debut memoir *\*My Broken Wheel\**, a deeply personal and spiritual exploration of ego collapse, addiction recovery, and self-discovery. Now available in paperback, hardcover, and Kindle formats on Amazon, the book is already resonating with readers seeking authenticity, healing, and transformation.

More than a memoir, *\*My Broken Wheel\** is a soul map—chronicling McGinnis' descent into addiction and the life-changing inner and outer journey that followed. Through music, plant medicine, spiritual practices, and radical self-inquiry, he offers readers a brutally honest account of what it takes to die to the ego and begin truly living.

"I didn't write this book because I had it all figured out," McGinnis shares. "I wrote it because I lost everything—except the truth. And in that truth, I found my soul."

Raised in small-town Ontario and now living in Costa Rica, McGinnis brings a uniquely visionary voice to the recovery and spiritual genre. His story fuses the rawness of lived experience with poetic reflection, making *\*My Broken Wheel\** an unflinching yet uplifting read for anyone walking a path of transformation.

### Key Themes:

- Ego death and inner rebirth
- Addiction, recovery, and healing
- Ayahuasca and plant medicine
- Spiritual awakening and authenticity
- Music as medicine for the soul

### Who It's For:

This book is for anyone seeking to reconnect with their spirit, especially those in recovery, spiritual seekers, or people navigating personal turning points. It resonates with readers of Gabor Maté, Michael Singer, and seekers of truth beyond the mask.

*\*My Broken Wheel\** is now available worldwide via Amazon.

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