

JAMAR BRUCE



# BUILT

— FROM —

# BROKENNESS

*Healing the Past, Embracing Tomorrow*

JAMAR BRUCE



*There was a time when joy lived easily in me, when my smile  
came without effort. Somewhere along the way, I lost it.*

## INTRODUCTION

There are years that change you, and then there are years that define you. For me, 2024 was the latter. Not because it brought triumphs, but because it brought me to my knees. It was the year I lost nearly everything: my marriage, my health, my sense of stability, and at times, even my will to keep going. I looked in the mirror and saw a stranger, broken, weary, drowning in regret. But it was also the year I began to rebuild.

This book isn't just a story. It's a confession. A reckoning. A raw truth I've spent years avoiding, now laid bare for anyone willing to listen. My journey has been marked by trauma that began in childhood and followed me into adulthood, molestation, abuse, homelessness, incarceration, heartbreak, and battles with my physical and mental health. I've made mistakes that cost me dearly. I've hurt the people I loved. And I've hurt myself most of all.

Yet through it all, I've learned that healing begins with honesty. That redemption starts with accountability. And that even in the darkest moments, there's always a flicker of light waiting to be found. Built from Brokenness is not a tale of perfection; it's a journey through imperfection. It's about falling apart and finding the

courage to piece yourself back together. It's about facing the truth, no matter how painful, and choosing to grow from it. If you've ever felt broken, lost, or ashamed of your past, unloved, or haunted by your own choices, this book is for you. Not because I have all the answers, but because I know what it means to survive.

And I believe survival is the first step toward becoming something greater. I've walked through life feeling invisible, aching for love, desperate for connection, and willing to trade pieces of myself just to feel wanted. In my search for peace, I gave my body away, hoping it would quiet the storm inside. But the silence never lasted. I've done things I should've been incarcerated for. In my journey to heal, I've unintentionally hurt others, just like the saying goes, hurt people hurt people. I entered relationships carrying wounds I never treated, bleeding on those who tried to love me. My pain became a shadow, following me into every chapter of my life, until it began to break down not just my spirit, but my health.