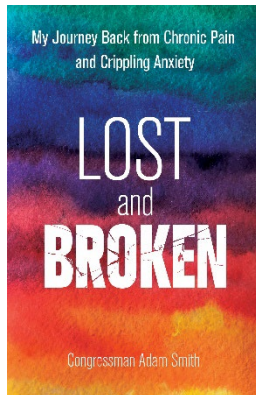


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FOR IMMEDIATE RELEASE

## **Congressman Adam Smith Shares His Journey Back from Chronic Pain and Anxiety in New Memoir**



Bellevue, WA, May 30, 2023 — Representative Adam Smith was successful by every measure. He had a long, distinguished career in Congress. He and his wife of twenty years were both happy together and raising two great kids. Yet seemingly out of nowhere, his body and mind broke down to the point where every day was a relentless struggle to just keep moving. It's a struggle millions of Americans know all too well.

“Early one morning in April of 2016 I woke up and seriously contemplated the possibility that I would never be able to generate the strength, focus, and courage to get out of bed. The combination of crippling anxiety, chronic pain, muscle atrophy, and the fascinating mix of pharmaceuticals coursing through my body had, I feared, finally broken me,” said Smith. “My life terrified me. I had been fighting some combination of these battles for just over three years at this point, and I didn’t think I could do it for one more day.”

Would he be able to meet his responsibilities as a husband and father? Could he still maintain his breakneck professional schedule and continue to do his job well? Smith soon realized he couldn’t will himself well—he needed help. Thus began a desperate search for the right diagnosis and treatment for his mental and physical pain that lasted over six years and involved more than a hundred different health care providers.

With unflinching honesty, Smith’s new memoir, *Lost and Broken*, reveals how he got to this lowest point in life, and how he slowly, painfully, and unevenly found his way back to having a calmer mind and being free of chronic pain and medication.

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#### **About the Author**

**Adam Smith** is the member of Congress who represents the 9th District of the State of Washington. He was reelected to his 14th term in 2022 and has been the top Democrat on the House Armed Services Committee since 2011. He served as chair of the committee from 2018–2022 when the Democrats controlled the majority in the US House.

*Lost and Broken: My Journey Back from Chronic Pain and Crippling Anxiety*

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ISBN-13: 9780757324628

Trade Paperback, 224 pages

### **Media Questions for *Lost and Broken* By Congressman Adam Smith**

1. You recently wrote a book, *Lost and Broken*. Can you tell us more about the new book?
2. Why did you write *Lost and Broken*?
3. What is the book's message?
4. Your book offers insight into the limitations of our nation's healthcare system. Can you tell us a few of them, and how this information can help readers?
5. How were you able to overcome chronic pain and crippling anxiety?
6. Your book draws on your own experience of healing from chronic pain and anxiety. Can you tell us more about your experience, and how it influenced your book?
7. Your book talks about your desperate search for the right diagnosis and treatment for your mental and physical pain. Can you share more about this experience?
8. Do you have any advice for anyone dealing with chronic pain and/or anxiety?