



"Scott Hunter shares his winding path to finding meaning and purpose in life through humor, openness, and raw honesty in his book 'And the Monkey Lets Go: Memoirs through Illusion and Doubt'. Hunter is vulnerable with the reader, bringing us along on his journey of exploration and self-discovery. I found myself unable to put the book down; laughing about the predicaments, angry the world is not as empathetic as it should be, and relating to the desire to numb out, yet feel a spiritual connection at the same time. A turning point came when Hunter no longer blamed himself and realized the abuse for what it was. Healing, recovery, and a life with purpose are possible if you let go. This is a wonderful book for those struggling with trauma, misusing substances to numb out, and/or allies wanting to support loved ones."

Louise Harder, Larry Nassar Survivor, Board Member
[The Army of Survivors](#)