



# Crashed: How Trashing a Ferrari Saved My Life

*Melinda Ferguson*

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To celebrate her 14-year clean and sober birthday, Ferguson organises to take a R3.2 million Ferrari California out on a test drive for the day. Twenty minutes before she returns the car, she is involved in a spectacular car crash, during which she experiences a near-death collision. The crash is a catalyst for a series of life-changing events. Over the following months her long-term relationship implodes in a heart-ripping showdown of betrayal and deception. She is faced with a litany of legal and financial nightmares as a result of the Ferrari being written off, while certain members of the dog-eat-dog motoring journo industry relish in her downfall. After she admits herself to a clinic to address her meltdown, in her trademark gritty tell-it-all and often hilarious style, she interrogates the controversial pharma-whore psychiatric industry as she is diagnosed and medicated over her three-week stay. Ultimately *Crashed* sees Ferguson slowly coming to grips with the meaninglessness of outward material success as she embarks on a painful journey of introspection in search of intangible inner peace and self love in a crazy out of control world.

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