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# Tell No One (Story Of Child Abuse Survival)



## Synopsis

When I look in the mirror now I don't see the terrified child who was systematically abused, both mentally and physically. If you passed me in the street, you wouldn't notice either. You might see the small scar on my neck that was inflicted by a knife being pressed to my throat. You might notice a lump on my left wrist where the bones didn't heal properly after it was fractured. You might notice small scars on my arms where I was used as a live ashtray. But you won't see the scars that are deep inside me – the ones which take a lifetime to heal. They're ingrained in me, trapped under the surface like fish under a frozen lake, waiting for the moment when the surface cracks and they can come to life again. These mental scars are the demons that haunted me when I was at my lowest point. They came out to torment me, rearing their ugly head in the darkness. Then they would retreat again for a time, making me think I'd got over what happened to me, only to show up when I least expected it. But with every year that passed, I learnt how to handle the demons more. Every sick and twisted thing that happened in my childhood has made me into the woman I am today. I'm a survivor. My name is Sarah and this is my story |

## Book Information

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## Customer Reviews

I bought this book today and have already read the whole thing. This is a very compelling story about a young girl who suffers almost unimaginable abuse from her mother and step father. It is not easy subject matter to read, but I agree strongly with the author that only by those who have been abused sharing the details of their stories will the rest of us learn to recognize and take action on the many "faces" that abuse can present in public. (Unkempt appearance, constant unexplained bruises, etc are common signs, but some of the others that are less visible are also important, such as the author's ravenous hunger at school because she wasn't being fed at home, etc...)Regarding the ebook formatting, this book is in good shape with very few errors. The story does have a jarring shift of verb tense several times throughout, especially in the early chapters, but overall the story is very well written and even with some grammatical errors the heart and soul of the author and her (loving) family shine through. Ignore the occasional misspelled word and let your heart hear what she is saying, because that is what really matters anyhow.

I read this book in three hours! Sarah's story was so sad how a mother could treat her daughter. For many years Sarah just couldnt understand why she wasnt good enough for her mom? Her mom suffered from Bi-Polar mental disease and in those days it was not a well know mental sickness and was not treated right. Sarahs aunt Linda is the hero in this story and deserves a medal for how she took care of Sarah and nursed her back to health. Sarah tells her story with strength and courage , and sends a message to others to look for signs in child abuse!! Congrats Sarah you made it!!

Don't get me wrong, there are some good self-pubbed books out there (MY KIND OF CRAZY: Living in a Bipolar World is my best pick so far) but many of the self-published books, especially those in the personal memoir genre, are pretty awful. No matter how interesting the blurb, I'm always a little wary - is this going to be another really badly written whine?Tell No One, however, is refreshing in its honesty and its pathos, and (miraculously!) also has very few typos, grammatical wince-fests, formatting errors, etc.It feels a little weird giving five stars (can one really \_love\_ a book about child abuse?), but I can't in conscience give less.It's evident from the moment Sarah's mother appears that she has some fairly severe mental health issues. One can only cringe at the pain of a four year old forced to deal with a highly unstable mother without support from anyone, and not being in a position to understand what is wrong.Unusually, this book also shows a child being rescued from a horrendous situation, and beginning to heal in her mid teens - again, very refreshing. So often hope is downplayed.There's little if any self-pity here, and much that is moving. Highly

commendable, and exceptionally good (and unusual!) for a self-pubbed memoir. One can only hope that Sarah can eventually forgive her mother just for her own sake, so that those wounds do not fester. It is, however, encouraging to anyone who has survived painful times to read of a child who has been through so much growing into a woman who has survived, even thrived, and now has a happy marriage and children of her own.

Once I started reading I couldn't put this book down. It is a frank, open, honest account of the author's tortured childhood. It is written in such a way that you go on the journey with the author, feel her pain and eventually her triumph. Hopefully this brings awareness to Child abuse and the cracks in the system that is supposed to help and protect these children. Long are the days of looking the other way. It's time that as a community we get involved and ensure our children's safety.

The abuse the author suffered as a child did not shock me in and of itself. What did leave me speechless was that it was her mother who was so cruel and sadistic. I initially expected her abuser to be her mother's man, because you know, it's nearly always the boyfriend/stepfather. Never in a million years did I think a woman could be so evil to her child. Tell no one is a reference to the all consuming fear the author had of her mother that kept her silent for far too long. Despite the young girl's silence, I could not understand how so many people refused to see what was going before their very eyes. Her stepfather knew the horrors that went on in his own home and did nothing, even eventually joining in on the abuse himself. The most frustrating thing of all, even more so than those who stood idly by, was that there was never any true justice for the author after she was rescued. Her uncle said quite correctly that her mother & her stepfather should be "locked up forever", but no one saw to it that they were. Brought to justice or not though, the author survived and thrived, which is the most important thing. I feel this book was worth the read.

It's definitely different saying a child abuse story is amazing but this book really is. The author has great courage going through all that at such a young age and for so long. I finished this book in 2 hours and highly recommend this book!

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