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Punished by Vanessa Steel | Book Summary | A True Story | Kaushal Jain
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Synopsis. 'Punished' is the inspiring true story of an unusual little girl, Vanessa, whose childhood was devastated by torture and abuse at the hands of her sadistic mother. Vanessa was nearly destroyed until she discovered a secret that ultimately saved her life. From the age of 3, Vanessa lived in daily terror of her mother's unpredictable rage.

Punished: A mother's cruelty. A daughter's survival. A ...

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Get this from a library! Punished : a mother's cruelty, a daughter's survival, a secret that couldn't be told. [Vanessa Steel; Gill Paul] -- 'Punished' is the inspiring true story of an unusual little girl, Vanessa, whose childhood was devastated by torture and abuse at the hands of her sadistic mother. Vanessa was nearly destroyed until ...

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The rare pledge by police followed a televised apology by the young man's mother, who had publicly scolded the police force for corruption in an Oct. 25 Facebook posting, embarrassing the ...

Child abuse.

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ABOUT THE BOOK As a counselor working with women who have been abused as children, I find it useful to read books like Punished: A mother's cruelty. A daughter's survival. A secret that couldn't be told. Such stories give me insight into the factors that scar abused children and impair their adult functioning, and provide information about how coping mechanisms are developed. Since many coping mechanisms used by an abused child actually become dysfunctional behaviors in an adult,

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this knowledge helps me to be more effective in identifying problem behavior and its source, so we can then explore ways to transform dysfunctional coping into healthy adult behaviors. Before even becoming an adult, Vanessa Steel recognized that her abuse survival strategies had revealed a unique gift. She then managed to transform these coping tactics into resourceful and valuable skills by which she was able not only to help herself, but to actually help others. You don't have to approach this book from a clinical perspective to appreciate its value. The book not only raises awareness of the horrific consequences of child abuse, it is an inspirational testament of inner strength and survival. Vanessa's story motivates my personal resolve to break the silence that allows child abuse to be perpetuated. MEET THE AUTHOR The Hyperink Team works hard to bring you high-quality, engaging, fun content. If ever you have any questions about our products, or suggestions for how we can make them better, please don't hesitate to contact us! Happy reading! EXCERPT FROM THE BOOK When Vanessa found her abusive mother collapsed on the floor, near death, she knew she didn't have much time left to address her suppressed memories of her traumatic childhood. She began to articulate in writing the important questions about why her mother had abused her so cruelly from the moment of birth. The book then chronicles Vanessa's story of abuse and torture at the hands of her mother. Although there is evidence that the abuse began very early - at 18 months, Vanessa supposedly rolled off the bed and broke her leg - Vanessa's conscious recollections begin at about age two. Her mother was the main perpetrator, but at the age of six, Vanessa's maternal grandfather began to abuse her sexually. The abuse was condoned and aided by her maternal grandmother, and her father remained largely in denial. Vanessa never understood why she was being abused, although when she turned eight she found out she was adopted. The abuse took diverse and extreme forms: scaldings, beatings, starvation, being regularly left outside in the cold, tied up and left to sleep in the pigsty - all subject to her mother's unpredictable fits of rage. The abuse was not just physical; Vanessa's mother called Vanessa the devil's child and explained the punishments as God's revenge. Vanessa's brother, Nigel, also experienced abuse at his mother's hands, although to a lesser degree. When he began to experience seizures and was eventually diagnosed with epilepsy, Vanessa's mother blamed her for turning her brother into a devil's child, and held her responsible for accidents that happened. When Vanessa attempted to tell others about the abuse, they either didn't believe her or accepted her mother's "vivid imagination" explanation. This vulnerable child had no one to protect her, no means of escape, and often lost all hope. Buy a copy to keep reading!

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He was my religious teacher. I should have been able to trust him. But he made me do unspeakable things...

You only get one chance to live your life as a child, but Lily was never given that chance; her childhood was taken from her before it ever begun. From the age of four, when she was first sexually abused, her life changed forever; when she walked through the institution's doors in Ireland, her life continued along the same path that has destroyed her soul. Her emotional pain is as strong today as it was the day it began and will never leave her alone. "When I go to sleep it's in my head and when I wake up I can see it in the mirror and I am only waiting to die." A child abuse story that will stay with you forever and one that you will talk about for many years to come, *The Girl Nobody Wants* is a harrowing true story that will appeal to fans of biographies and fans of Jodi Picoult. It has been compared to Dave Pelzer's *A Child Called It*, *Damaged* by Cathy Glass and *The Kid* by Kevin Lewis.

In this taut and explosive debut novel, one lapse in judgement lands a young mother in a government reform program where custody of her child hangs in the balance. Frida Liu is struggling. She doesn't have a career worthy of her Chinese immigrant parents' sacrifices. She can't persuade her husband, Gust, to give up his wellness-obsessed younger mistress. Only with Harriet, their cherubic daughter, does Frida finally attain the perfection expected of her. Harriet may be all she has, but she is just enough. Until Frida has a very bad day. The state has its eyes on mothers like Frida. The ones who check their phones, letting their children get injured on the playground; who let their children walk home alone. Because of one moment of poor judgment, a host of government officials will now determine if Frida is a candidate for a Big Brother-like institution that measures the success or failure of a mother's devotion. Faced with the possibility of losing Harriet, Frida must prove that a bad mother can be redeemed. That she can learn to be good. A searing page-turner that is also a transgressive novel of ideas about the perils of "perfect" upper-middle class parenting; the violence enacted upon women by both the state and, at times, one another; the systems that separate families; and the boundlessness of love, *The School for Good Mothers* introduces, in Frida, an everywoman for the ages. Using dark wit to explore the pains and joys of the deepest ties that bind us, Chan has written a modern literary classic.

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University

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"Extraordinary . . . an act of courage and self-invention."—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR • BILL GATES'S HOLIDAY READING LIST • FINALIST: National Book Critics Circle's Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

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