



Outside Looking In (Paperback)

By Audrey Clark

Troubador Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Have you ever bared your soul? Have you ever tried to be so honest it hurts? Then Outside Looking In will strike a chord. As the reader on the outside, looking in, you are taken on a very personal and painful journey through the eyes of the author; Aud Clark, as a seven-year-old child helpless at the hands of a tyrannical father, is systematically abused. They say when you experience a traumatic experience your mind blocks it out for your protection and to a degree that s true, but it didn t quite block it out enough for me when one afternoon aged just seven that protection theory was put to the test. Forced to keep it a secret, she learns to suppress her emotions until they spill over into her day-to-day life, resulting in anger and outbursts against those she loves most. She loses her daughter and the man that she loved. At that point in my life I believed I was nothing more than a liability to those I loved. I had got used to bottling everything up. It was easier than alarming people....

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