

After Silence Rape And My Journey Back

Our Bodies, Their Battlefields Christina Lamb 2020-09-22 From Christina Lamb, the coauthor of the bestselling *I Am Malala* and an award-winning journalist—an essential, groundbreaking examination of how women experience war. In *Our Bodies, Their Battlefields*, longtime intrepid war correspondent Christina Lamb makes us witness to the lives of women in wartime. An award-winning war correspondent for twenty-five years (she’s never had a female editor) Lamb reports two wars—the “bang-bang” war and the story of how the people behind the lines live and survive. At the same time, since men usually act as the fighters, women are rarely interviewed about their experience of wartime, other than as grieving widows and mothers, though their experience is markedly different from that of the men involved in battle. Lamb chronicles extraordinary tragedy and challenges in the lives of women in wartime. And none is more devastating than the increase of the use of rape as a weapon of war. Visiting warzones including the Congo, Rwanda, Nigeria, Bosnia, and Iraq, and spending time with the Rohingya fleeing Myanmar, she records the harrowing stories of survivors, from Yazidi girls kept as sex slaves by ISIS fighters and the beekeeper risking his life to rescue them; to the thousands of schoolgirls abducted across northern Nigeria by Boko Haram, to the Congolese gynecologist who stitches up more rape victims than anyone on earth. Told as a journey, and structured by country, *Our Bodies, Their Battlefields* gives these women voice. We have made significant progress in international women’s rights, but across the world women are victimized by wartime atrocities that are rarely recorded, much less punished. The first ever prosecution for war rape was in 1997 and there have been remarkably few convictions since, as if rape doesn’t matter in the reckoning of war, only killing. Some courageous women in countries around the world are taking things in their own hands, hunting down the war criminals themselves, trying to trap them through Facebook. In this profoundly important book, Christina Lamb shines a light on some of the darkest parts of the human experience—so that we might find a new way forward. *Our Bodies, Their Battlefields* is as inspiring and empowering as it is urgent, a clarion call for necessary change.

A Thousand Sisters Lisa J Shannon 2010-03-16 The founder of the organization Run for Congo Women describes her visit to Congo and recounts the extreme hardships and tragic events in the lives of the women she meets there.

South of Forgiveness Elva Thordis 2017-05-09 One ordinary spring morning in Reykjavik, Iceland, Thordis Elva kisses her son and partner goodbye before boarding a plane to do a remarkable thing: fly seven thousand miles to South Africa to confront the man who raped her when she was just sixteen. Meanwhile, in Sydney, Australia, Tom Stranger nervously embarks on an equally life-changing journey to meet Thordis, wondering whether he is worthy of this milestone. After exchanging hundreds of searingly honest emails over eight years, Thordis and Tom decided it was time to speak face to face. Coming from opposite sides of the globe, they meet in the middle, in Cape Town, South Africa, a country that is no stranger to violence and the healing power of forgiveness. *South of Forgiveness* is an unprecedented collaboration between a survivor and a perpetrator, each equally committed to exploring the darkest moment of their lives. It is a true story about being bent but not broken, facing fear with courage, and finding hope even in the most wounded of places. Personable, accessible, and compelling, *South of Forgiveness* is an intense and refreshing look at a gendered violence, rape culture, personal responsibility, and the effect that patriarchal cultures have on both men and women.

A Time to Keep Silence Patrick Leigh Fermor 2011-11-09 While still a teenager, Patrick Leigh Fermor made his way across Europe, as recounted in his classic memoirs, *A Time of Gifts* and *Between the Woods and the Water*. During World War II, he fought with local partisans against the Nazi occupiers of Crete. But in *A Time to Keep Silence*, Leigh Fermor writes about a more inward journey, describing his several sojourns in some of Europe’s oldest and most venerable monasteries. He stays at the Abbey of St. Wandrille, a great repository of art and learning; at Solesmes, famous for its revival of Gregorian chant; and at the deeply ascetic Trappist monastery of La Grande Trappe, where monks take a vow of silence. Finally, he visits the rock monasteries of Cappadocia, hewn from the stony spires of a moonlike landscape, where he seeks some trace of the life of the earliest Christian anchorites. More than a history or travel journal, however, this beautiful short book is a meditation on the meaning of silence and solitude for modern life. Leigh Fermor writes, “In the seclusion of a cell—an existence whose quietness is only varied by the silent meals, the solemnity of ritual, and long solitary walks in the woods—the troubled waters of the mind grow still and clear, and much that is hidden away and all that clouds it floats to the surface and can be skimmed away; and after a time one reaches a state of peace that is unthought of in the ordinary world.”

I Know Why the Caged Bird Sings Maya Angelou 2010-07-21 Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. *I Know Why the Caged Bird Sings* captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou’s debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local “powhitetrash.” At eight years old and back at her mother’s side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors (“I met and fell in love with William Shakespeare”) will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for as long as people read. “*I Know Why the Caged Bird Sings* liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity.”—James Baldwin From the Paperback edition.

I Never Called It Rape Robin Warshaw 1994-07-08 The classic book that broke new ground by thoroughly reporting on the widespread problem of date and acquaintance rape has now been completely updated to include recent studies, issues, current events, and controversies.

Trust Exercise Susan Choi 2019-04-09 WINNER OF THE 2019 NATIONAL BOOK AWARD FOR FICTION “Electrifying” (People) • “Masterly” (The Guardian) • “Dramatic and memorable” (The New Yorker) • “Magic” (TIME) • “Ingenious” (The Financial Times) • “A gonzo literary performance” (Entertainment Weekly) • “Rare and splendid” (The Boston Globe) • “Remarkable” (USA Today) • “Delicious” (The New York Times) • “Book groups, meet your next selection” (NPR) In an American suburb in the early 1980s, students at a highly competitive performing arts high school struggle and thrive in a rarified bubble, ambitiously pursuing music, movement, Shakespeare, and, particularly, their acting classes. When within this striving “Brotherhood of the Arts,” two freshmen, David and Sarah, fall headlong into love, their passion does not go unnoticed—or untended—by anyone, especially not by their charismatic acting teacher, Mr. Kingsley. The outside world of family life and economic status, of academic pressure and of their future adult lives, fails to penetrate this school’s walls—until it does, in a shocking spiral of events that catapults the action forward in time and flips the premise upside-down. What the reader believes to have happened to David and Sarah and their friends is not entirely true—though it’s not false, either. It takes until the book’s stunning coda for the final piece of the puzzle to fall into place—revealing truths that will resonate long after the final sentence. As captivating and tender as it is surprising, Susan Choi’s *Trust Exercise* will incite heated conversations about fiction and truth, and about friendships and loyalties, and will leave readers with wiser understandings of the true capacities of adolescents and of the powers and responsibilities of adults.

Resurrection After Rape Matt Atkinson 2008-06 A top-selling, best-reviewed book about women's recovery from rape trauma, "Resurrection After Rape" is an ideal resource for counselors, treatment centers, college course texts, and survivors of rape.

Things We Didn't Talk About When I Was a Girl: A Memoir Jeannie Vanasco 2019-10-01 A New York Times Editors' Choice and Best Book of the Year at TIME, Esquire, Amazon, Kirkus, and Electric Literature Jeannie Vanasco has had the same nightmare since she was a teenager. It is always about him: one of her closest high school friends, a boy named Mark. A boy who raped her. When her nightmares worsen, Jeannie decides—after fourteen years of silence—to reach out to Mark. He agrees to talk on the record and meet in person. Jeannie details her friendship with Mark before and after the assault, asking the brave and urgent question: Is it possible for a good person to commit a terrible act? Jeannie interviews Mark, exploring how rape has impacted his life as well as her own. Unflinching and courageous, *Things We Didn't Talk About When I Was a Girl* is part memoir, part true crime record, and part testament to the strength of female friendships—a recounting and reckoning that will inspire us to ask harder questions, push towards deeper understanding, and continue a necessary and long overdue conversation.

The Pain Eater Beth Goobie 2016-09-13 She hadn't told anyone. Not a single soul. Not one word about that night and what had been done to her had ever passed Maddy Malone's lips. She'd thought about it at first - had been desperate, even frantic, to tell. But then had come the shame, and the intimidation from the boys who raped her - and the one who held her down. Now it's the beginning of a new school year and Maddy is hoping that she can continue to hide, making herself as quiet and small as possible. She is consumed with keeping the memories at bay, forcing them down through small cuts and the burn from the end of a cigarette. But when her English class is given the assignment of writing a collaborative novel about a fifteen-year-old girl, *The Pain Eater*, fact and fiction begin to meet up. When the boys spread rumors about Maddy, she realizes that continuing to hide the truth will only give them more control, and she slowly gains the courage to confront them.

What We Talk About When We Talk About Rape Sohaila Abdulali 2018-11-27 A Publishers Weekly Best Book of 2018 “Brilliant, necessary reading on the ways we talk—and, more importantly, don't talk—about rape and rape culture.” —HelloGiggles “What We Talk About When We Talk About Rape is brilliant, frank, empowering, and urgently necessary. Sohaila Abdulali has created a powerful tool for examining rape culture and language on the individual, societal, and global level that everyone can benefit from reading.” —Jill Soloway In the tradition of Rebecca Solnit, a beautifully written, deeply intelligent, searingly honest—and ultimately hopeful—examination of sexual assault and the global discourse on rape told through the perspective of a survivor, writer, counselor, and activist After surviving gang-rape at seventeen in Mumbai, Sohaila Abdulali was indignant about the deafening silence that followed and wrote a fiery piece about the perception of rape—and rape victims—for a women's magazine. Thirty years later, with no notice, her article reappeared and went viral in the wake of the 2012 fatal gang-rape in New Delhi, prompting her to write a New York Times op-ed about healing from rape that was widely circulated. Now, Abdulali has written *What We Talk About When We Talk About Rape*—a thoughtful, generous, unflinching look at rape and rape culture. Drawing on her own experience, her work with hundreds of survivors as the head of a rape crisis center in Boston, and three decades of grappling with rape as a feminist intellectual and writer, Abdulali tackles some of our thorniest questions about rape, articulating the confounding way we account for who gets raped and why—and asking how we want to raise the next generation. In interviews with survivors from around the world we hear moving personal accounts of hard-earned strength, humor, and wisdom that collectively tell the larger story of what rape means and how healing can occur. Abdulali also points to the questions we don't talk about: Is rape always a life-defining event? Is one rape worse than another? Is a world without rape possible? *What We Talk About When We Talk About Rape* is a book for this #MeToo and #TimesUp age that will stay with readers—men and women alike—for a long, long time.

And The Band Played on Randy Shilts 2000-04-09 An investigative account of the medical, sexual, and scientific questions surrounding the spread of AIDS across the country.

Startling Beauty Heather Gemmen 2004 "Turn off the light," Heather sleepily murmured to her husband. When the room went dark, she opened her eyes and peeked out from the covers. The man standing in her bedroom was not Steve. Raped in her own home, Heather's terror went beyond her own safety: Were the kids sleeping soundly in the next bedroom, or did their silence mean something else? Would her husband save her, or would he face the same knife she did? And Heather's agony did not end after the rapist left. Against all odds, she became pregnant as a result of the rape. Would she and her husband remain united as they faced the tyranny of the choice before them? Would they endure the strain of anxiety as they waited for HIV test results and answered strange telephone calls? This gripping true life story walks readers through Heather's journey -- from rape to restoration. *Startling Beauty* is undeniable proof that God can bring blessings out of the worst situations in our lives. Book jacket.

The Long Journey Home Andrew J. Schmutzer 2011-10-01 Maybe the only thing new about sexual abuse is quality discussion from several professions (psychology, theology, and pastoral care). Here are the insights of over two dozen psychologists, theologians, and those in pastoral care, all targeting the issue of sexual abuse. Designed as a resource for Christian educators, therapists, pastors, social workers, group leaders, and survivors, *The Long Journey Home* combines current research in mental health with rich theological reflection, global concern with fervent pastoral wisdom for the local faith community. Whether you are a counselor, professor, pastor, or spouse of a survivor, you hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape. The breadth of material, biblical insight, discussion questions, and helpful resources gathered here just may be the tool of a generation.

The Other Side of Silence Urvashi Butalia 2000 Chiefly on the partition of Punjab, 1947.

Whatever Gets You Through Jen Sookfong Lee 2019-04-16 Personal stories of surviving after the trauma of sexual assault. In the era of #MeToo, we've become better at talking about sexual assault. But sexual assault isn't limited to a single, terrible moment of violence: it stays with survivors, following them wherever they go. Through the voices of twelve diverse writers, *Whatever Gets You Through* offers a powerful look at the narrative of sexual assault not covered by the headlines—the weeks, months, and years of survival and adaptation that people live through in its aftermath. With a foreword by Jessica Valenti, an extensive introduction by editors Stacey May Fowles and Jen Sookfong Lee, and contributions from acclaimed literary voices such as Alicia Elliott, Elisabeth de Mariaffi, Heather O'Neill, and Juliane Okot Bitek, the collection explores some of the many different forms that survival can take. From ice hockey to kink, boxing to tapestry-making, these striking personal essays address experiences as varied as the writers who have lived them. With candor and insight, each writer shares their own unique account of enduring: the everyday emotional pain and trauma, but also the incredible resilience and strength that can emerge in the aftermath of sexual assault.

Contributors: Gwen Benaway Juliane Okot Bitek Elly Danica Amber Dawn Alicia Elliott Karyn Freedman Heather O'Neill Elisabeth de Mariaffi Lauren McKeon Soraya Palmer Leah Lakshmi Piepzna-Samarasinha Kai Cheng Thom

I Want to Go Home Renee Marie Simpson 2020-02 An inspiring true story about a brave young woman who pushes herself out of her comfort zone when she agrees to join a sailing expedition from Gibraltar to Thailand, with no experience. A health crisis, serious mechanical failures, and a category five cyclone - everything begins to go terrifyingly wrong, triggering the deeply buried trauma of a sexual assault. As she quickly adapts to life at sea, she begins to reclaim the power that was stolen from her and to break the silence. Those who dream of adventure will enjoy every discovery in this story. If you have an instinct to run and a longing to return to a place of safety, you will find this book a gentle, supportive and loving call to action reflecting on what 'home' really means.

Women Talking Miriam Toews 2019-04-02 The basis of the Oscar-winning film from writer/director Sarah Polley, starring Rooney Mara, Claire Foy, Jessie Buckley, with Ben Whishaw and Frances McDormand. INTERNATIONAL BESTSELLER “This amazing, sad, shocking, but touching novel, based on a real-life event, could be right out of *The Handmaid's Tale*.” -Margaret Atwood, on Twitter “Scorching . . . a wry, freewheeling novel of ideas that touches on the nature of evil, questions of free will, collective responsibility, cultural determinism, and, above all, forgiveness.” -New York Times Book Review, Editors' Choice One evening, eight Mennonite women climb into a hay loft to conduct a secret meeting. For the past two years, each of these women, and more than a hundred other girls in their colony, has been repeatedly violated in the night by demons coming to punish them for their sins. Now that the women have learned they were in fact drugged and attacked by a group of men from their own community, they are determined to protect themselves

and their daughters from future harm. While the men of the colony are off in the city, attempting to raise enough money to bail out the rapists and bring them home, these women—all illiterate, without any knowledge of the world outside their community and unable even to speak the language of the country they live in—have very little time to make a choice: Should they stay in the only world they've ever known or should they dare to escape? Based on real events and told through the “minutes” of the women's all-female symposium, Toews's masterful novel uses wry, politically engaged humor to relate this tale of women claiming their own power to decide.

Leila Heather Neff 2009-07 Sold into slavery as a child, Leila struggles through years of sexual and physical abuse before escaping to freedom and reclaiming her humanity in this modern-day slave narrative set in Morocco.

Speak: The Graphic Novel Laurie Halse Anderson 2018-02-06 The critically acclaimed, award-winning, modern classic *Speak* is now a stunning graphic novel. “Speak up for yourself—we want to know what you have to say.” From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless—an outcast—because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. Through her work on an art project, she is finally able to face what really happened that night: She was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. With powerful illustrations by Emily Carroll, Laurie Halse Anderson's *Speak: The Graphic Novel* comes alive for new audiences and fans of the classic novel. This title has Common Core connections.

The Book of Longings Sue Monk Kidd 2020-04-21 “An extraordinary novel . . . a triumph of insight and storytelling.” —Associated Press “A true masterpiece.” —Glennon Doyle, author of *Untamed* An extraordinary story set in the first century about a woman who finds her voice and her destiny, from the celebrated number one New York Times bestselling author of *The Secret Life of Bees* and *The Invention of Wings* In her mesmerizing fourth work of fiction, Sue Monk Kidd takes an audacious approach to history and brings her acclaimed narrative gifts to imagine the story of a young woman named Ana. Raised in a wealthy family with ties to the ruler of Galilee, she is rebellious and ambitious, with a brilliant mind and a daring spirit. She engages in furtive scholarly pursuits and writes narratives about neglected and silenced women. Ana is expected to marry an older widower, a prospect that horrifies her. An encounter with eighteen-year-old Jesus changes everything. Their marriage evolves with love and conflict, humor and pathos in Nazareth, where Ana makes a home with Jesus, his brothers, and their mother, Mary. Ana's pent-up longings intensify amid the turbulent resistance to Rome's occupation of Israel, partially led by her brother, Judas. She is sustained by her fearless aunt Yaltha, who harbors a compelling secret. When Ana commits a brazen act that puts her in peril, she flees to Alexandria, where startling revelations and greater dangers unfold, and she finds refuge in unexpected surroundings. Ana determines her fate during a stunning convergence of events considered among the most impactful in human history. Grounded in meticulous research and written with a reverential approach to Jesus's life that focuses on his humanity, *The Book of Longings* is an inspiring, unforgettable account of one woman's bold struggle to realize the passion and potential inside her, while living in a time, place and culture devised to silence her. It is a triumph of storytelling both timely and timeless, from a masterful writer at the height of her powers.

Living for Today Erin Merryn 2010-01-01 *Silence Broken and Stigmas Shattered -- Help for Incest Survivors Is Here* Fans of Erin Merryn's heart-wrenching debut memoir *Stolen Innocence* were left wondering at the end what would become of an emotionally fragile Erin after her confrontation with the reality of being a child of incest and molestation. In *Living for Today*, readers find that Erin cultivated the strength to face her abuser and eventually facilitated and experienced relief from years of emotional restlessness, while also igniting the beginnings of a new fearless journey. *Living for Today* chronicles that journey, which began with the unearthing of private shame and releasing of ugly memories and letting go of guilt and becoming the mouthpiece of millions of her generation. Through her compelling narrative, readers will learn how they, too, can: Learn to look forward, in spite of an abusive past Block off any impending guilt from outing an abuser Deal with interfamily strife as a result of incest and molestation Shake off the “victim” tag and replace it with one that reads “survivor” *Living for Today* is Merryn's contribution to an audience that has felt victimized, ashamed, isolated, and silenced by its abusers and offers a roadmap for self-discovery, forgiveness, and empowerment to help readers rid the stigma they have attached to their trauma and live fully and fearlessly for today.

Nordie's at Noon Patti Balwanz 2007-09-25 A diagnosis of breast cancer before the age of thirty had brought Patti, Jana, Jennifer, and Kim together for a monthly lunch at their local Nordstrom's café, but it was a desire to provide hope to others that would make them friends for life. The fruit of their lunchtime labor, *Nordie's at Noon* shares the personal stories of each of these courageous women. A source of humor, strength, inspiration, and education, the book is a celebration of friendship and of living life to the fullest. “A rare book that has the saddest of endings and yet still manages to be life affirming,”* it encourages women everywhere to be proactive with their health—and to realize that no one is “too young” for breast cancer. (*People Magazine)

Hunger Roxane Gay 2017-06-13 From the New York Times bestselling author of *Bad Feminist*: a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself. “I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her, but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe.” In her phenomenally popular essays and long-running Tumblr blog, Roxane Gay has written with intimacy and sensitivity about food and body, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as “wildly undisciplined,” Roxane understands the tension between desire and denial, between self-comfort and self-care. In *Hunger*, she explores her past—including the devastating act of violence that acted as a turning point in her young life—and brings readers along on her journey to understand and ultimately save herself. With the bracing candor, vulnerability, and power that have made her one of the most admired writers of her generation, Roxane explores what it means to learn to take care of yourself: how to feed your hungers for delicious and satisfying food, a smaller and safer body, and a body that can love and be loved—in a time when the bigger you are, the smaller your world becomes.

Stepping Back from the Ledge Laura Trujillo 2022-04-19 In this “seismically moving memoir” (The New York Times Book Review, Editors’ Choice), one woman asks a seemingly impossible question in the aftermath of her mother’s suicide: How do you mourn a loved one as you repair the injuries they inflicted? “Laura Trujillo resurfaces from the dark ‘sub-basement’ of despair with assurances for us all: There is hope. There is healing. Always, there is love. This book will save lives.”—Connie Schultz, author of *The Daughters of Erietown* ONE OF THE BEST BOOKS OF THE YEAR: The New Yorker Laura Trujillo had been close to her mother for most of her adult life, raising her four children within a few miles of their beloved grandmother’s Phoenix home. But just three months after moving her young family to Cincinnati for a new job, Laura receives shocking news: Her mother had taken her own life—by jumping off a ledge into the Grand Canyon, a place Laura knew her mother had always loved. Laura and her mother had shared a profound and special bond, yet each had also kept from the other the deepest truths about their lives. As an adult, Laura finally broke her silence about the sexual abuse she had suffered as a teenager at the hands of her stepfather—a secret Laura had buried to protect her mother. After her mother’s death, Laura embarks on an emotional odyssey, searching for clues that could explain the depression, intergenerational trauma, and shared heartbreaks in her family. When she returns to the Grand Canyon, it becomes an oasis that nurtures Laura’s search for redemption and peace. As Laura wrestles with her feelings, she forges a new path forward. Moving and intimate, powerfully told, *Stepping Back from the Ledge* is a remarkable exploration of the bond between a mother and daughter, and of the hope that can come from facing the truth.

Light Shines in the Darkness Lucille F. Sider 2019-01-29 Clinical psychologist and clergywoman Lucille F. Sider adds her voice to the chorus of women in the #WhyIDidntReport and #MeToo movements. This is Lucille’s story of resilience and hope as a survivor of sexual abuse. She explains the challenges of finding her way out of a fear-based spirituality into one that is full of grace, hope and forgiveness. The unique richness of

her book is that she wrote it to spark healing discussion. As she describes her experiences in these pages, she also steps back and offers helpful analysis as both a psychologist and a clergywoman. At the end of the book, she includes a complete study guide with questions for reflection for individuals, small groups and classes. "The book is arranged to be a valuable tool in the hands of persons in the helping professions, such as clergy, social workers, psychologists," writes the Rev. Jo Anne Lyon, General Superintendent Emerita and Ambassador of The Wesleyan Church. "This writing is so powerful, yet gentle, that people will be able to add their own words to combat the pain. Lucille's credentials enhance the power of the story. Truly a book for these days!" Lucille was just 6 years old when she was abused both physically and sexually by a hired man on the family's farm. Lucille's inner conflict about these experiences, propelled her into a childhood of guilt and shame. While Lucille was an outstanding student, singer and athlete, she lived with an underlying fear, loneliness and mild depression. A second sexual abuse by her brother-in-law, when she was just 15 years old, added to Lucille's fears. When she tried to tell her parents about this, their response was only to pray for her—so, she kept these painful events secret for years. Many years later, her brother in law was arrested for molesting a 15-year-old girl. Lucille and others, including his own daughter, testified against him and he was incarcerated. Raised in a conservative household and faith, Lucille went to college and seminary to search for a theology that was full of grace and forgiveness. She found this especially at Yale Divinity School, though she always lived with a mild depression. Her struggle to understand both her faith and psyche led her to earn a PhD from Northwestern University in psychology and religion. She became a clinical psychologist and pastoral counselor and later the Executive Director of The Samaritan Pastoral Counseling Center in Evanston, Illinois. At age 50, when her husband suddenly divorced her, Lucille was cast into darkness and despair which resulted in major depression. Lucille became dysfunctional and had to step down as Executive Director of her counseling center. Years of therapy led her to new ways of offering and sharing her gifts, which included writing stories and ministering to seniors, especially those suffering from dementia. In *Light Shines in the Darkness*, Lucille F. Sider shares her unique story of sexual abuse and severe mental illness, including depression and PTSD. She describes her legal battle in fighting for justice and her ongoing persistence in finding ways to remain stable. She calls these her mental health and spiritual practices and they include: counseling, medication, meditation, healthy diet, exercise, daily prayer and church attendance. In sharing her story, Lucille now is helping others along their journeys from sexual abuse to stability—to find their own hope and their own light that shines through the darkness. "Timely, compelling and courageous, this autobiography lays bare the trauma of both child and adolescent abuse," writes Carol Schreck, Professor Emerita of Pastoral Care and Counseling at Palmer Theological Seminary. "This book deserves to be read by any adult who, living in a culture where 80 percent of females have experienced some form of sexual abuse by the age of 18, are no longer content to keep their proverbial head in the sand."

Hush Nicole Braddock Bromley 2008-09-01 Childhood sexual abuse is running rampant, yet it's the best-kept secret in our nation today. Its victims grow into adulthood with their little child's heart trapped in the pain and torment of their past. Nicole Braddock Bromley shares her own story and the steps to moving from silence to healing. Hush exposes the harsh realities of childhood abuse, explains the pain it causes, examines the false beliefs it creates, and empowers survivors to begin a personal journey toward healing by breaking the silence. With words of understanding and comfort, Nicole tells the real-life stories of those whose voices would otherwise never be heard. She is straightforward enough to pierce the hearts of those in a survivor's circle of influence, yet careful to tread lightly on what could be tender words.

Going Public Julie Macfarlane 2020-09-14 It took Julie Macfarlane a lifetime to say the words out loud - the words that finally broke the calm and traveled farther than she could have imagined. In this clear-eyed account, she confronts her own silence and deeply rooted trauma to chart a remarkable course from sexual abuse victim to agent of change. Going Public merges the worlds of personal and professional, activism and scholarship. Drawing upon decades of legal training, Macfarlane decodes the well-worn methods used by church, school, and state to silence survivors, from first reporting to cross-examination to non-disclosure agreements. At the same time, she lays bare the isolation and exhaustion of going public in her own life, as she takes her abuser to court, challenges her colleagues, and weathers a defamation Lawsuit. The result is far more than a memoir. It's a courageous and essential blueprint on how to go toe-to-toe with the powers behind institutional abuse and protectionism. At long last, Macfarlane's experiences bring her to the most important realization of her life: that only she can stand in her own shoes, and only she can stand up and speak about what happened to her.

Rid of My Disgrace Justin S. Holcomb 2011 Helps adult victims of sexual assault move from brokenness to healing. This book outlines a theology of redemption and includes an application of how the disgrace of the cross can lead victims toward grace.

Silenced No More Sarah Ransome 2021-12-07 For the first time ever, a survivor tells the shocking inside story of her time trapped in Jeffrey Epstein and Ghislaine Maxwell's sex trafficking ring. Sarah Ransome moved to New York at the age of 22 with hopes for a better life, an education, and a career in fashion. Her dreams were destroyed almost overnight when she met Jeffrey Epstein and was invited to an island paradise disguising her personal hell. "By sharing my testimony...I hope to see both minds and laws changed. More than anything, I want to encourage a culture in which women, even if they haven't led the perfect lives, even if they're not proud of every one of their choices, still feel the right to stand in their truth." This story is her day in court.

Unbroken Madeline Black 2017-04 At the age of thirteen Madeleine Black faced more physical and emotional trauma than most ordinary people do in a lifetime... Violently gang raped and abused, Madeleine became haunted by these horrendous events and for years was unable to overcome the psychological demons which filled her with extreme anxiety and self-loathing. During this terrible period of her life, Madeleine was time and again made the victim, as she was taken advantage of in her fragile state. But Madeleine refused to let this terrible abuse define her life, instead she made a decision to move forward and make her life her own again through committing to the most tremendous act of courage; forgiveness. By choosing to forgive those who committed wrongs against her, Madeleine began to slowly, piece by piece, rebuild her life. This is a story of gut-wrenching adversity, overcome through sheer strength and determination.

Something Happened to Ali Greenleaf Hayley Krischer 2021-09-07 "Ali Greenleaf's story is complex and beautifully told; full of fury, heartbreak, and hope." --Kathleen Glasgow, New York Times bestselling author of *Girl in Pieces* and *How to Make Friends With the Dark* Ali Greenleaf and Blythe Jensen couldn't be more different. Ali is sweet, biting funny, and just a little naive. Blythe is beautiful, terrifying, and the most popular girl in school. They've never even talked to each other, until a party when Ali decides she'll finally make her move on Sean Nessel, her longtime crush and the soccer team's superstar. But Sean pushes Ali farther than she wants to go. When she resists--he rapes her. Blythe sees Ali when she runs from the party, everyone sees her. And Blythe knows something happened with Sean; she knows how he treats girls. Even so, she's his best friend, his confidant. When he tells her it was a misunderstanding, she decides to help him make things right. So Blythe befriends Ali, bringing her into a circle of ruthless popular girls, and sharing her own dark secrets. Despite the betrayal at the heart of their relationship, they see each other, in a way no one ever has before. In her searing, empowering debut novel, Hayley Krischer tells the story of what happened that night, and how it shaped Ali and Blythe forever. Both girls are survivors in their own ways, and while their friendship might not be built to last, it's one that empowers each of them to find justice on their own terms.

After Silence Nancy Venable Raine 2010-09-22 "Silence has the rusty taste of shame. The words shut up are the most terrible words I know. . . . The man who raped me spat these words out over and over during the hours of my attack--when I screamed, when I tried to talk him out of what he was doing, when I protested. It seemed to me that for seven years--until at last I spoke--these words had sunk into my soul and become prophecy. And it seems to me now that these words, the brutish message of tyrants, preserve the darkness that still covers this pervasive crime. The real shame, as I have learned, is to consent to them." After Silence is Nancy Venable Raine's eloquent, profoundly moving response to her rapist's command to "shut up," a command that is so often echoed by society and internalized by rape victims. Beginning with her assault by a stranger in her home in 1985, Raine's riveting narrative of the ten-year aftermath of her rape brings to light the truth that survivors of traumatic experiences know--a trauma does not end when you find yourself alive. Just as devastating as the rape itself was the silence that shrouded it, a silence born of her own feelings of shame as well as the incomprehension of others. Raine gives shape, form, and voice to the "unspeakable" and

exposes the misconceptions and cruelties that surround this prevalent though hidden crime. With formidable power and in intimate detail, she probes the long-term psychological and physiological aftereffects of rape, its tangled sexual confusions, the treatment of rape by the media and the legal and medical professions, and contemporary cultural views of victimhood. For anyone, female or male, who has suffered from or witnessed the shattering effects of rape, *After Silence* inspires and points the way to healing. This landmark book is a stunning literary achievement that is a testimony to the power of language to transform the worst sort of violation and suffering into meaning and into art.

The Way I Used to Be Amber Smith 2022-12-29 THE TIKTOK SENSATION THAT EVERYONE IS TALKING ABOUT 'After finishing this book, my heart was pounding and I couldn't find words big enough to describe how brilliant, beautiful, and powerful it is.' L.E. Flynn, author of *All Eyes On Her* All Eden wants is to rewind the clock. To live that day again. She would do everything differently. Not laugh at his jokes or ignore the way he was looking at her that night. And she would definitely lock her bedroom door. But Eden can't turn back time. So she buries the truth, along with the girl she used to be. She pretends she doesn't need friends, doesn't need love, doesn't need justice. But as her world unravels, one thing becomes clear: the only person who can save Eden ... is Eden.

What a Body Remembers Karen Stefano 2019 The intimate memoir of a woman's traumatic past catching up with her, an honest, from-the-gut account of one woman's journey to regain her power and confidence--a journey that continues to this day.

A Fierce Belief in Miracles Anne Reeder Heck 2020-09-22 When faced with overwhelming hardship, what we believe makes all the difference. At age twenty-six, Anne Reeder Heck was attacked by a stranger and brutally raped. Years later, still seeking to heal the remnants of this trauma, Anne stands alone in her living room one winter day and claims her desired belief aloud: "This is my year of strength." Her clear intention results in a phone call; her rapist has been identified—fourteen years after the crime. Offering all the gripping and uplifting details of a story that sparked national interest—Heck appeared on the front page of *The Washington Post* and was interviewed by Diane Sawyer on *Good Morning America*—*A Fierce Belief in Miracles* lights the way for those seeking to heal from life's traumas by demonstrating the importance of clear intention and trusting inner guidance, and the transformative power of forgiveness.

One Hour in Paris Karyn L. Freedman 2014-04-21 In this powerful memoir, philosopher Karyn L. Freedman travels back to a Paris night in 1990 when she was twenty-two and, in one violent hour, her life was changed forever by a brutal rape. *One Hour in Paris* takes the reader on a harrowing yet inspirational journey through suffering and recovery both personal and global. We follow Freedman from an apartment in Paris to a French courtroom, then from a trauma center in Toronto to a rape clinic in Africa. At a time when as many as one in three women in the world have been victims of sexual assault and when many women are still ashamed to come forward, Freedman's book is a moving and essential look at how survivors cope and persevere. At once deeply intimate and terrifyingly universal, *One Hour in Paris* weaves together Freedman's personal experience with the latest philosophical, neuroscientific, and psychological insights on what it means to live in a body that has been traumatized. Using her background as a philosopher, she looks at the history of psychological trauma and draws on recent theories of posttraumatic stress disorder and neuroplasticity to show how recovery from horrific experiences is possible. Through frank discussions of sex and intimacy, she explores the consequences of sexual violence for love and relationships, and she illustrates the steep personal cost of sexual violence and the obstacles faced by individual survivors in its aftermath. Freedman's book is an urgent call to face this fundamental social problem head-on, arguing that we cannot continue to ignore the fact that sexual violence against women is rooted in gender inequalities that exist worldwide—and must be addressed. *One Hour in Paris* is essential reading for survivors of sexual violence as well as an invaluable resource for therapists, mental health professionals, and family members and friends of victims.

Find Your Voice Sahar Paz 2015-04-13 From bombs to psych wards. From a war-torn country to the 'land of the free'. *Find Your Voice* details the incredible journey from self-preservation to self-discovery to ultimate victory for Iran native Sahar Paz. More than a memoir, this book provides tools for reflection and a guide for tuning in to your authentic voice. With Sahar's poignant, personal stories as the backdrop, you will begin to understand the relationship between your inner voice, your emotions and the life that forms around them. *Find your Voice* reveals the power of your inner voice. You will learn how to listen to her, when to trust her, and how to create the life you crave.

I Have the Right To Chessy Prout 2018-03-06 "A bold, new voice." —People "A nuanced addition to the #MeToo conversation." —Vice A young survivor tells her searing, visceral story of sexual assault, justice, and healing in this gutwrenching memoir. The numbers are staggering: nearly one in five girls ages fourteen to seventeen have been the victim of a sexual assault or attempted sexual assault. This is the true story of one of those girls. In 2014, Chessy Prout was a freshman at St. Paul's School, a prestigious boarding school in New Hampshire, when a senior boy sexually assaulted her as part of a ritualized game of conquest. Chessy bravely reported her assault to the police and testified against her attacker in court. Then, in the face of unexpected backlash from her once-trusted school community, she shed her anonymity to help other survivors find their voice. This memoir is more than an account of a horrific event. It takes a magnifying glass to the institutions that turn a blind eye to such behavior and a society that blames victims rather than perpetrators. Chessy's story offers real, powerful solutions to upend rape culture as we know it today. Prepare to be inspired by this remarkable young woman and her story of survival, advocacy, and hope in the face of unspeakable trauma.

Dear Sister Lisa Factora-Borchers 2014-02-03 *Dear Sister*, It wasn't your fault; it was never your fault. You did nothing wrong. Hold this tight to your heart: it wasn't your fault. At night when you lay there and your mind fills with images and you wonder if only, if you had . . . if you hadn't . . . Remember: it wasn't your fault. *Dear Sister* highlights the lessons, memories, and vision of over forty artists, activists, mothers, writers, and students who share a common bond: they are survivors of sexual violence. Written in an epistolary format, this multi-generational, multi-ethnic collection of letters and essays is a moving journey into the hearts and minds of the survivors of rape, incest, and other forms of sexual violence, written directly to and for other survivors. *Dear Sister* goes far beyond traditional books about healing, which often use "experts" to explain the experience of survivors for the rest of the world. Where other books about rape weave the voices of feminists and activists together and imagine what a world without violence might look like, *Dear Sister* describes the reality of what the world looks like through the eyes of a survivor. From a professor in the Midwest to a poet in Belgium, an escapee from a child prostitution ring, a survivor advocate in the Congo, and a sex worker in San Francisco, *Dear Sister* touches on issues of feminism, love, disability, gender, justice, identity, and spirituality. Lisa Factora-Borchers is a Filipina writer and editor whose work has been published in *make/shift*, *Bitch*, *Left Turn*, and *Critical Moment*. Contributors: Aaminah Shakur, Adrienne Maree Brown, Alexis Pauline Gumbs, Allison McCarthy, Amita Y. Swadhin, Amy Ernst, Ana Heaton, Andrea Harris, Angel Propps, Anna Saini, Anne Averyt, Annu Saini, Ashley Burczak, brownfemipower, Brooke Benoit, Denise Santomauro, Desire Vincent, Dorla Harris, "Harriet J.", Indira Allegra, Isabella Gitana-Woolf, Joan Chen, Judith Stevenson, Juliet November, Kathleen Ahern, Leah Lakshmi Piepzna-Samarasinha, Marianne Kirby, Maroula Blades, Mary Zelinka, Mattilda Bernstein Sycamore, Melissa Dey Hasbrook, Melissa G., Mia Mingus, Michelle Ovalle, Premala Matthen, Rebecca Echeverria, Renee Martin, River Willow Fagan, Sara Durnan, Sarah M. Cash, Shala Bennett, Shanna Katz, Sofia Rose Smith, Sumayyah Talibah, Sydette Harry, Birdy, Viannah E. Duncan, and Zöe Flowers.

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