



Outside Looking In

By Audrey Clark

Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Outside Looking In, Audrey Clark, 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." She pushes away...



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