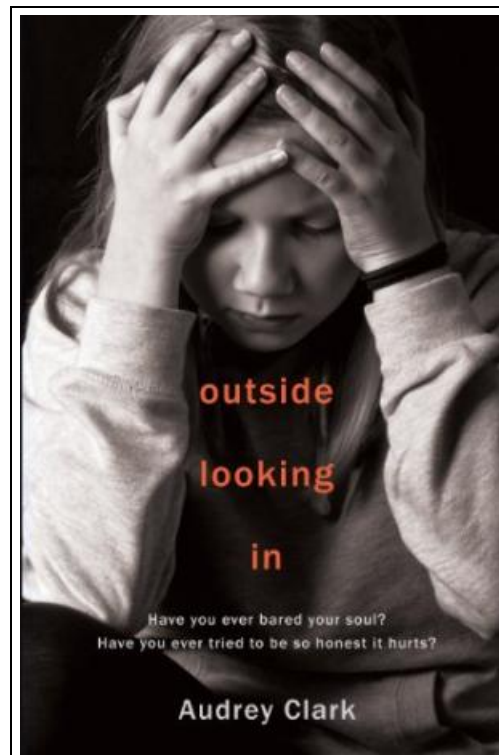


Outside Looking In (Paperback)



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Reviews

An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.

(Spencer Fritsch)

OUTSIDE LOOKING IN (PAPERBACK)



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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. She pushes away anyone who tries to get close. Her whirligig of emotions results in many a love lost. Despite the trauma, a career in entertainment and a difficult friendship with a celebrity follows. That friendship takes many twists and turns, but none more so than when she discovers he is dying, which takes her so very close to the edge of death. Outside Looking In is a true and harrowing autobiography that will resonate predominantly with women who have suffered personal traumas in their life or those who have loved and lost. I constantly try to forget my past....



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