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If Only



Synopsis

If Only is the true story of how a life of abuse started for a fifteen year old girl, until she finally finds freedom twenty-five years later. Writing her story, she sees how her life was controlled by fear and the desire to make someone else happy. During this realization through a diary style writing, she constantly is saying, "If Only" I had known. Regretting her choices, this book hopefully can show young women the signs of sexual, mental and physical abuse before it is too late.

Book Information

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Customer Reviews

Though I'm a grown woman now who has figured many of these things out on my own over the course of my lifetime, I'm glad there is a book like this to help the younger women out there. All too often we find ourselves in bad relationships where we are being abused but don't have the confidence to make a change. Sometimes we don't think we are worth more than what we have or where we are in that stage of our lives. This book is geared more towards teens/very young adults that may not have found their way out of those situations that keep them bound and feeling less

than worthless. I can't say that I enjoyed the book, not just because it's for a much younger set of readers, but because no one likes to go back and look at the old scars but then I realized that at least I was looking at the scars and not the scabs that so thinly cover those old wounds. I recommend this book for any young person, in crisis or not. Information is always a wonderful thing, not only for what it might mean for the reader's life but also to provide a way to help those around them. Overall I give this 4 stars as I see its value to help those that are still searching for the courage to live their own lives no matter what the circumstances.

Very easy and interesting read. The author draws you in to her world as she travels from youth to middle age and learns the consequences of rushing into marriage with your eyes closed. A must read for anyone, whether in an abusive relationship or not. It can open your eyes to some of the things going on behind closed doors.

A very good portrayal of a family in crisis. I could understand her feelings as my situation is similar and I have hope that happier days are ahead for us.

My heart aches for the author. I too am a people pleaser and reading this story makes me realize the uncomfortable situations I put myself into. The book is well written and I couldn't put it down.

Good book for teens to see what their future could be like with a controlling person.

This is a stupid book, written at a immature adolescent level. It was a waste of time. Read free, so glad I didn't waste money purchasing it. D Henry, does not do justice to the topic of escaping or avoiding domestic abuse and how to get help. It is just her pornographic illustration of a weird sexual relationship with her husband that she is reliving. Get some psych help and get over yourself.

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