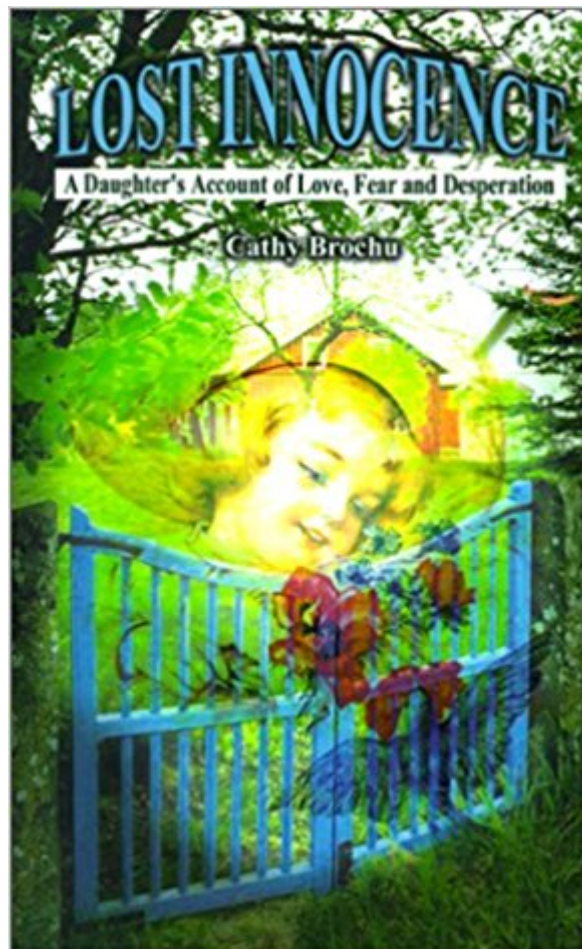




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# Lost Innocence: A Daughter's Account Of Love, Fear And Desperation (New Beginnings)



## Synopsis

Book by Brochu, Cathy

## Book Information

Series: New Beginnings

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## Customer Reviews

Brochu has worked in the field of Child Welfare for more than twenty-eight years working directly with victims, perpetrators and families. She holds a Bachelor of Arts Degree, is a clinical hypnotherapist and has been trained in acupuncture detoxification for alcoholism. In 1995, she was the recipient of the Women of Courage Award presented by the Syracuse Commission for Women for setting an example in overcoming the odds and speaking out about incest. She has been featured in newspapers throughout Central New York for her work initiating and facilitating support groups for adult incest survivors.

Cathy Brochu's book is a moving account of a tragedy that occurs far too often in our so-called 'civilized' society -- a child, whose innocence should be their birthright, selfishly turned into a victim, a sexual plaything, by a parent, the very person to whom she should be able to turn for protection, care, love, honesty and trust. This sort of treatment ruins the lives of many -- among those strong, determined ones who have the opportunity and courage to break out of the trap and reclaim their lives are people who are heroes in the truest sense of the word. They have learned that they are not to blame for their treatment -- that they did not receive it because they deserved it, or because they

are somehow 'defective' -- and that, through education, therapy and hard work, they can take back what has been stolen from them. Cathy Brochu has written this book -- detailing graphic, grim events in her life as a young girl -- so that others may find that courage, that they may realize that they are not alone, and that there are many good people out there who care about giving them the help they need. Utilizing a technique unique among the books of this field which I have read, Brochu effectively gives her child-self a voice with which to relate her story. As I read this book, I was struck by the language, the syntax -- it was as if I was reading the hand-written journal of a young girl. I could easily close my eyes and imagine the words written in pencil on one of those old Big Chief tablets that I used in school as a kid. The story is admittedly heartbreaking, but there is a determination in this young narrator -- a determination to free herself from the situation that, as the book progresses, she knows more and more in her heart to be wrong. All of the symptoms and feelings with which victims must struggle and cope on the road to becoming survivors are here -- the feeling that this is the only way she will be loved; the fear of being separated from her dad, even though he is abusing her; the feeling that she somehow is the one in the wrong -- but in this case, in this book, we see and feel these through the child herself, described in her own words and language. Cathy is planning a trilogy -- this book is the first installment -- detailing her abuse, finding her (physical) freedom, and taking the painful but necessary journey to making her life her own again. This story is a compelling one (all the more because it is true) -- I can wholeheartedly recommend it not just to those who are survivors, or to those professionals who work in this vital field, but to the general public as well. The best chance we have to rid ourselves of child abuse, our greatest shame, is through education. This is an unpleasant subject to any right-thinking person -- but it is something that is horrifyingly real to far too many. The more we know about it, the more we learn to recognize the signs present in a child who is secretly being abused, the more light we shine on this topic -- the fewer places there will be for the perpetrators to hide. In 1995, Cathy Brochu was awarded the Women of Courage Award by the Syracuse (NY) Commission for Women -- not only for having the courage and determination to reclaim her own life, but for openly and frankly speaking out on the subject, in order to encourage and empower others to do the same. She and others like her (and thank God, they're out there) are the reason that this battle will one day be won. I'm eagerly awaiting NEW BEGINNINGS, the second volume in the trilogy, as well as the third. We know the story will have a happy ending -- Cathy Brochu is a happy, healthy, productive woman who cares about helping others -- how she got there is the inspiration.

This book is a gripping story that I could not put down. Cathy's an amazing writer who caught my

attention with her powerful words. The story is narrated in a child's voice and Cathy consistently maintains the childlike point of view throughout the book. The reader can truly see the tragic events through the eyes of a beautiful young girl. Several times while reading the story, I cried for this child who has fallen through the cracks of our society. As a mother, I desperately wanted to jump into the pages, rescue this little girl and hold her safely in the embrace of my adult arms. Cathy expertly shows the reader the reality of incest and child abuse. The details are disturbing and real. I look forward to reading Cathy's continued account of how she bravely overcomes these terrible life events at such a tender, young age.

Reading this book brought memories of my own abuse to the surface. While reading, I understood the pain and the misunderstandings of what love is in a child's mind. Just knowing that another went thru the same emotional and physical abuse helps me to confront my own. Its a book worth reading.

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