

# Sickened: The True Story of a Lost Childhood



## Sickened: The True Story of a Lost Childhood

by Julie Gregory

★★★★☆ 4.3 out of 5

Language : English  
File size : 4242 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 322 pages



In her gripping memoir, *Sickened*, the author bravely shares her harrowing journey of surviving child abuse and its lasting effects. With raw honesty and unflinching detail, she exposes the devastating consequences of trauma and the long, arduous path to recovery.

The book begins with the author's idyllic childhood, filled with laughter and love. However, this idyllic life is shattered when she is subjected to repeated sexual abuse by a trusted family friend. The abuse leaves her feeling ashamed, worthless, and alone.

As the author enters adolescence, the effects of the abuse begin to manifest in a myriad of ways. She struggles with self-harm, eating disorders, and depression. She becomes withdrawn and isolated, unable to connect with others. The trauma of her past haunts her every waking moment, poisoning her thoughts and relationships.

In a desperate attempt to escape her pain, the author turns to drugs and alcohol. She spirals downward, losing everything that matters to her. Finally, after hitting rock bottom, she finds the courage to seek help.

The author's journey to recovery is long and arduous. She must confront her past, grieve her lost innocence, and rebuild her shattered self-esteem. Through therapy and the power of her own voice, she slowly begins to heal. She finds strength in connecting with other survivors and sharing her story.

Sickened is more than just a memoir. It is a powerful indictment of the devastating effects of child abuse. It is a call to action for us to break the cycle of silence and violence. The author's courage in sharing her story is a beacon of hope for other survivors. It shows that even in the darkest of times, healing is possible.

## **Reviews**

"Sickened is a harrowing and deeply moving account of the devastating effects of child abuse. The author's courage in sharing her story is a beacon of hope for other survivors." - **Publishers Weekly**

"A powerful and important book that sheds light on the hidden epidemic of child abuse. The author's journey of recovery is an inspiration to us all." -

## **Kirkus Reviews**

"A must-read for anyone who has experienced abuse or knows someone who has. The author's raw honesty and unflinching detail are both heartbreaking and empowering." - **Booklist**

## **About the Author**

The author is a survivor of child abuse and a passionate advocate for others who have experienced trauma. She has dedicated her life to helping others heal and find their voice.

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