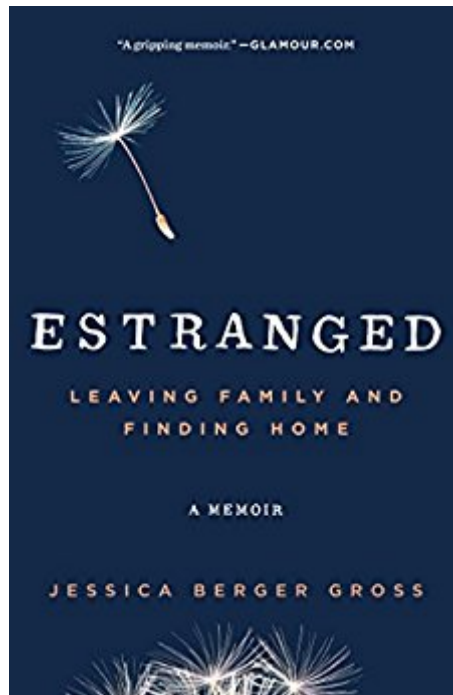




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# Estranged: Leaving Family And Finding Home



## Synopsis

A powerful, haunting memoir about one woman's childhood of abuse and her harrowing decision to leave it all behind that redefines our understanding of estrangement and the ability to triumph over adversity. To outsiders, Jessica Berger Gross's childhood "growing up in a nice Jewish family in middle class Long Island" seemed as wholesomely American as any other. But behind closed doors, Jessica suffered years of physical and emotional abuse at the hands of her father, whose mood would veer unexpectedly from loving to violent. At the age of twenty-eight, still reeling from the trauma but emotionally dependent on her dysfunctional family, Jessica made the anguished decision to cut ties with them entirely. Years later, living in Maine with a loving husband and young son, having finally found happiness, Jessica is convinced the decision saved her life. In her powerful memoir reminiscent of Jeannette Walls's bestseller *The Glass Castle*, Jessica breaks through common social taboos and bravely recounts the painful, self-defeating ways in which she internalized her abusive childhood, how she came to the monumental decision to break free from her family, and how she endured the difficult road that followed. Ultimately, by extracting herself from the damaging patterns and relationships of the past, Jessica has managed to carve an inspiring path to happiness—one she has created on her own terms. Her story, told here in a careful, unflinching, and forthright way, completely reframes how we think about family and the past.

## Book Information

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## Customer Reviews

This is a thoughtful and moving memoir about how family relationships shape us, and about how one can gain the strength and courage to end relationships that have caused deep harm. This book illustrates our capacity to understand, process and forgive abuse while choosing not to continue the relationship in which it took place. The writer's familiar, conversational style takes you along with her on her inspiring journey from an unpredictable abusive childhood to adulthood where she was able to create the family she always craved. This is not a memoir of the most horrific abuse one could imagine, it is in its "everydayness" that it finds its power - - a regular family in a regular suburb, with emotional and physical abuse that leaves lasting scars.

Estranged is a powerful and emotional memoir that captures the complexity of parent/ child relationships- especially when there is abuse involved. Jessica Berger Gross beautifully and painfully weaves together the push and pull of love and hate between her and her abusive, yet loving father and her emotionally withdrawn mother. Jessica's recollection of her youth is a walk back in time as she describes her childhood in a way that encapsulates all of our youths- from the TV shows we watched to the clothing we wore. Jessica's stark honesty about her experience is so relatable and I highly recommend this memoir.

Moving and wonderfully written, I couldn't put this book down. I found myself audibly cheering at her courage and strength. There is much to be gained from this book even for people who haven't gone through this kind of abuse. Definitely well worth the read!

The author writes clearly and compassionately about her life and her family. There are very few books that openly discuss the abuses of many parents and the complex hurt and confusion their children face. Often children have no place to turn for help. Adult children hear criticism when they complain. This book is so well written. I recommend it highly.

Estranged is a moving and powerful memoir that I could not put down. Not only does the author

tackle an extremely taboo subject--she can write! Even though the subject matter was tough--this book is anything but a slog to get through. I was captivated the whole way though and really look forward to her other works. I also hope this book will create more open discussion and less judgement around family estrangement. Highly highly recommended!

A must read for all, whether touched by estrangement or not. It is the reminder we all need that we do not know anyone's story. Kindness matters and in this revealing, important, "can't put down" memoir, you quickly realize things aren't always what they seem.

An honest, raw, moving , authentic memoir of a woman's abusive childhood and her ability to prevail and find love and give love and most of all to love herself.

Loved this book!

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