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Why Me?



Synopsis

In the blink of an eye, Mom ran up behind me and pushed me into the fence. Instinctively, I reached out my arms to stop my fall and ended up grabbing the live fence. My hands clamped around the thin wires, and my body collapsed to the ground as the electricity coursed through it. I opened my eyes and saw my mother standing over me with the strangest smile on her face. "Oh, my God, I'm going to die!" I thought in panic. Imagine never being able to close your eyes and remember the feel of your mother's arms wrapped around you. Now imagine closing your eyes and remembering your mother's tears splashing down on your face as she is on top of you, crying as she is trying to choke you to death. My mother left me these memories and many more during my traumatic childhood. After many years of struggling with trying to understand "Why Me?" I took back control of my life and started saying, "It was me, now what am I going to do?" The answer is my book, "Why Me?". It is my childhood journey through the terrors of physical and mental abuse from first grade until the day I moved out. It is my way of letting the world know what was really going on behind closed doors.

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Customer Reviews

The author was an abused child. She recounts not only the incidents of the abuse but how it made her feel. Reading it you not only will feel sorry for her but the whole family. Her mother was young and single when she found herself pregnant. She wanted to have an abortion but her mother wouldn't allow it. She resented having to have a child she didn't want and took it out on Sarah. Her step father seemed like a good guy until he joined in on the abuse for a period of time. As a child Sarah couldn't understand why she was a target for her mothers abuse while her half sister could do no wrong. Sarah didn't even need to do anything wrong to be abused. It was heart wrenching to read what she endured and to come out a function adult is amazing.

This was a difficult story to read, it is amazing to me how much abuse happens behind closed doors. It sickens me. I am consistently drawn to stories such as this because I too, never felt like I had been treated very well growing up. I went through verbal abuse more than anything, also sexual abuse from my paternal grandfather. But when I read what others have gone through, it reminds me that my life could have been so much worse. I am so proud of this author not following in her parents' footsteps and treating her own children the same way. Thank goodness the cycle was broken.

This book would be a great read for a late teen - adult recovering from an abusive parent relationship. What the author describes as her childhood, will allow other survivors of abuse to understand they're not alone and they will survive.

What a tragic upbringing you had at the hands of your own mother. Glad that you escaped from that hell and found the light at the end of the tunnel. You are a strong woman. Great book.

Would love to have heard more of her journey towards healing after leaving her parents. What kept her going? Would she encourage children in similar situations to reach out for help?

My goodness, such a very sad, and heartfelt story of this young lady...I read this book in 2 and a half hours timing with voice over, and I couldn't put it down. I cried, got angry, laughed when she finally got the courage at 17 years of age to tell her mom off, and get out of that living hell! I only wish I could have been there as a mother figure in time and stopped the damage and heartache this young girl had to endure! I would have noticed what was going on and fought for Sarah.

Unfortunately this happens too much to many children. Sarah even tried to reconcile with her mother which I don't think I could have, and I will let you figure out what happens. I am amazed what a strong, beautiful young lady she is today! God bless you Sarah and your family! I love you!

I'm writing a book on self-esteem and through my research for more information I came across this book tonight. Although I've never suffered physical abuse personally, I decided to buy and read it so that I have deeper perspective for my readers and clients who have. It's 4:30am now, I just stayed up all night and read it straight through - I couldn't stop. I see there's a second book, I will be reading that tomorrow. Sarah, I can't begin to tell you how proud I am of you for pulling yourself through your horrific childhood and having the courage to get away and turn your life around. At several points I busted out into tears, and I don't cry easily. Your writing style is extremely descriptive and engaging, I felt as though I were there with you. It made me wonder how many kids were at school that I knew could have been living a similar hell and no one realizing or doing anything about it - or who are in school now with my daughters. Your mother is absolutely psycho, the stories about your goat and the cat more than prove that. It's obvious that her hatred of you was because of her hatred at your father, but who does that? Yes, I hope she reads your book and all of these reviews! Good for you for kicking her out of your life! Everything she said to you, was a direct reflection of how she feels about herself, what a miserable, rotten way of living! It makes me wonder if she experienced the same abuse from her mother? I hope your sister was able to find the healing she needed too. Thank you for sharing your story!

To have birth a child does not make one a mother. Child abuse both emotional and physical; has been around for many generations and sadly many victims of abuse end up in an abusive relationship, the abuser or both. To think and to hear stories like Sarah is heartbreaking. To know such abuse can go unnoticed and that some turn a blind eye sickens me. We need to do more and be less afraid to speak up for those who can't protect themselves.

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