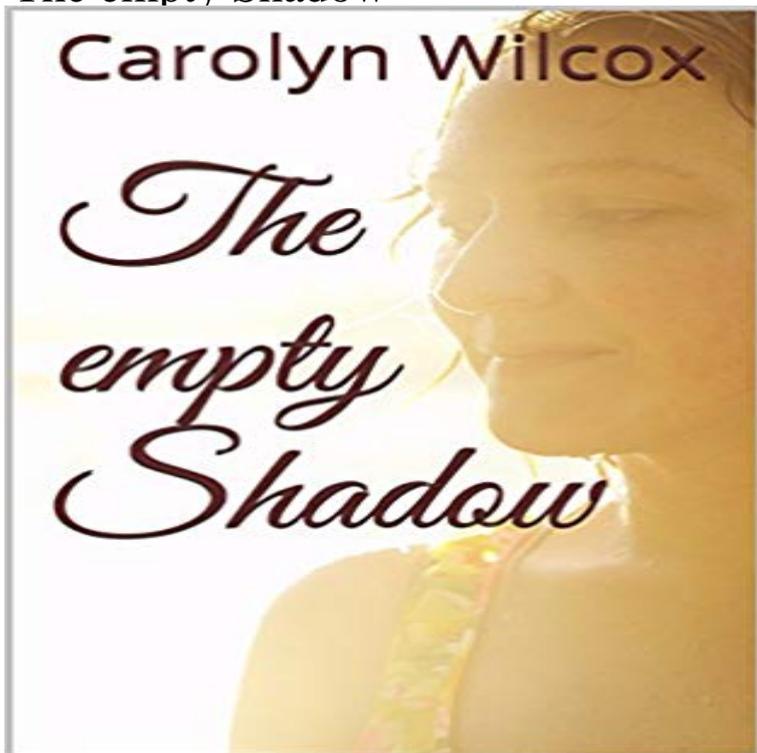


The empty Shadow



In this memoir written by Carolyn Wilcox she expresses her struggles as a child living with her parents who were two adult children. Her parents were not parents that made her feel secure, and her home was a constant battle field of emotional abuse. Her father struggled with an alcohol addiction, and her mother sunk further and further into her depression. Struggling with health issues Carolyn learned to depend on herself, and learned unhealthy ways of avoiding dysfunctional emotional abuse from her parents. She learned to just to as she was told, and keep quiet majority of the time. She grew up pretending everything was okay, because that was all she knew. This coping mechanism led her into a dangerous relationship with an abusive partner, and believing everything was okay led her into a state of numbness. This memoir which is part one will explain what led her into the breaking point of finding herself, and getting help with her own depression. It will explain what point it took for her to finally leave that manipulative abusive partner. This book was written in hopes to give other women an insight that there is light at the end of the tunnel, and after a bit of work you can live a normal healthy life! Please watch out for part two of the memoir series! After reading these words Carolyn wrote she hopes to inspire those who come from similar backgrounds as her, and people who suffer from depression. She also hopes that people with addiction can read this, and see how it impacts the children and people around them. We hope you enjoy this book, and the rest of the series coming soon. Thank you.

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