

A GOOD GIRL?

BY
C. PEARCE



"HE MADE YOU FEEL COMPLICIT... ASHAMED AND GUILTY, SO THAT YOU WOULDN'T BE ABLE TO TELL ANYONE..."

Joey, the child, in desperation, had to eventually tell one person.

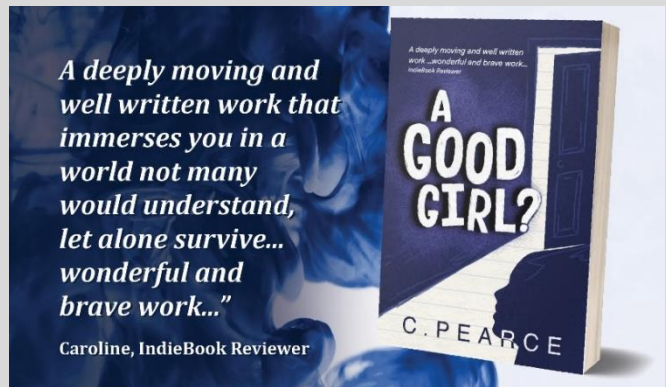
Joanna, the woman, tells no one until she reaches a turning point in her life.

After many years of recurring nightmares, flashbacks and futile self-medication with risk-taking and alcohol, she knows she must seek help.

A GP whom she has come to trust will offer her the safety and courage to speak the unspeakable: the narrative of deeply traumatising sexual abuse she suffered as a child.

Writing a journal enables her to explore present experiences and reflect on memories of her childhood - narrated in Joey's voice.

Joanna will finally break the 54 years of silence that has held her captive to the traumatic abuse of her childhood.



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Price available on our site



AUTHOR BIO

Carolyn was born in South Africa and lived in Zimbabwe before emigrating to Australia in the 1980s. She loves the English language and its literature, as well as other languages such as Old English, French, German and Italian. She has taught English and French to high school students for many years. Carolyn now lives in Queensland, where she enjoys being close to the ocean, and going on snorkelling holidays at the Barrier Reef.

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A CONVERSATION WITH THE AUTHOR

WHY DID YOU WRITE 'A GOOD GIRL?' AND WHAT WERE YOUR INSPIRATIONS?

I wrote this book as part of my healing process. I also hoped that one day, it might give hope to others who have suffered serious sexual abuse - hope that PTSD can be healed, and you can be free of flashbacks and fear, avoidance, and nightmares.

This book began as the narrative (in the child's voice) of my childhood experiences leading up to the sexual abuse by my grandfather. I was finding it very difficult to actually speak of this to my GP, so he said that perhaps I could write some things down, starting with my earliest memories. Then, I began to include the adult's narrative, using the form of a journal, as suggested by my friend, Sandy. I found that writing enabled me to psychologically prepare myself to say out loud words that I had never spoken.

DID YOU HAVE ANY INTERESTING EXPERIENCES WHILE RESEARCHING FOR YOUR BOOK, OR WHILE WRITING OR PUBLISHING YOUR BOOK?

The profound experience of feeling safe enough to speak of my experiences of sexual abuse to my GP and Clinical Psychologist after 54 years of silence.

WHAT WOULD YOU SAY IS YOUR INTERESTING WRITING QUIRK?

With this book, when I wrote about traumatising experiences, I wrote about them by hand first - either in reverse/backward writing or in runes so that the words could not jump out at me all at once: I'd take the time to decipher them when I felt strong or safe enough to do so - usually when I was with my GP.

HOW DO YOU SELECT THE NAMES OF YOUR CHARACTERS?

The names usually just come to me and sometimes make sense after the fact. For example, in my book I used the name "Claire" for the protagonist's psychotherapist. Only as I told her about the name I'd given her did I realise why: it was because she sees things with such clarity - "Claire" is French for "clear".

What did you edit out of this book?

I did not include much about my present-day family as I was focused on my past. I also changed the names of some characters and gave the story a different present-day setting.



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