



# No Tears For My Father: A true story of incest

*Viga Boland*

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## **No Tears For My Father: A true story of incest** Viga Boland

Winner of a GOLD MEDAL in the 2014 READERS FAVORITE BOOK AWARDS! Trapped in a web of deceit & confusion spun by her father from the age of 11, the author shares her true story of incest in the hopes that by coming out from under years of sexual abuse, other victims will be encouraged to do the same. This is an important, no-holds-barred book complete with graphic scenes and language because "that's the way it happened and that's how it must be told. Victims' own voices are the best weapons against child sexual abuse." This 291-page story comes with a "trigger warning advisory" as it details the mental, physical and sexual abuse inflicted on the author by her biological father. Victims of similar abuse need to realize this story could cause flashbacks of their own as they identify with scenes and language that mirror their own experiences. Those who have never suffered sexual abuse may be shocked by what the author's father put her through and the utter control he had of all areas of her life until she finally got away.

This book will frighten and enlighten readers as to what goes on behind the closed doors of too many homes and is rarely talked about or acknowledged, or worse yet, is even denied by family members who know it is going on.

### WHO SHOULD READ THIS BOOK?

- 1) Those who truly care about children's welfare and want to know the truth about what can and does go on in thousands of families worldwide. These readers want to understand how incest affects children as they grow into adulthood and what the long-lasting effects of incest can be like.
- 2) Those who are in denial and refuse to believe this kind of child sexual abuse actually occurs at the hands of fathers, mothers, sisters, brothers, aunts and uncles and other close family relatives

### WHO SHOULDN'T READ THIS BOOK?

- 1) Those who think incest is an acceptable and enjoyable activity between family members
- 2) Those who think this is another "Fifty Shades of Gray" and are looking for sexual stimulation via books
- 3) Those who are still very raw in their own healing and recovery from incest and could be easily triggered by the graphic scenes and language
- 4) Those victims looking for a book on healing or how to recover from childhood sexual abuse. This is a story only. Those seeking help in healing should consult a therapist, join a self-help group or purchase one of the many excellent books available for healing purposes, such as **THE COURAGE TO HEAL**

**NO TEARS FOR MY FATHER** contains actual photos from the family archives and is enhanced with poems by the author set against beautiful colour graphics. Reviewers have called this book "honestly unforgettable", and more than one reader has said "I couldn't put the book down!" Read **NO TEARS FOR MY FATHER** and find out why one reviewer said "Viga makes me believe survival is possible for any injustice that we experience in our life. What a great read!"

On October 15, 2014, at the request of her readers and fans, Viga Boland released her follow-up memoir, "**NO TEARS FOR MY FATHER: Part 2: LEARNING TO LOVE MYSELF**", her story of recovery from abuse and of self-discovery through the love of her husband and children. Don't miss it. Available now at Amazon!

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### **From reader reviews:**

#### **Gladys James:**

What do you regarding book? It is not important along? Or just adding material when you want something to explain what your own problem? How about your free time? Or are you busy man? If you don't have spare time to complete others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Every individual has many questions above. They have to answer that question mainly because just their can do in which. It said that about publication. Book is familiar on every person. Yes, it is correct. Because start from on guardería until university need that No Tears For My Father: A true story of incest to read.

#### **Dorothy Bernstein:**

Now a day people who Living in the era everywhere everything reachable by interact with the internet and the resources inside it can be true or not involve people to be aware of each facts they get. How individuals to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Looking at a book can help individuals out of this uncertainty Information mainly this No Tears For My Father: A true story of incest book as this book offers you rich info and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you probably know this.

#### **Starr Place:**

You could spend your free time to learn this book this book. This No Tears For My Father: A true story of incest is simple bringing you can read it in the park, in the beach, train in addition to soon. If you did not include much space to bring the actual printed book, you can buy often the e-book. It is make you better to read it. You can save the book in your smart phone. Thus there are a lot of benefits that you will get when you buy this book.

#### **Coleen Isabel:**

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