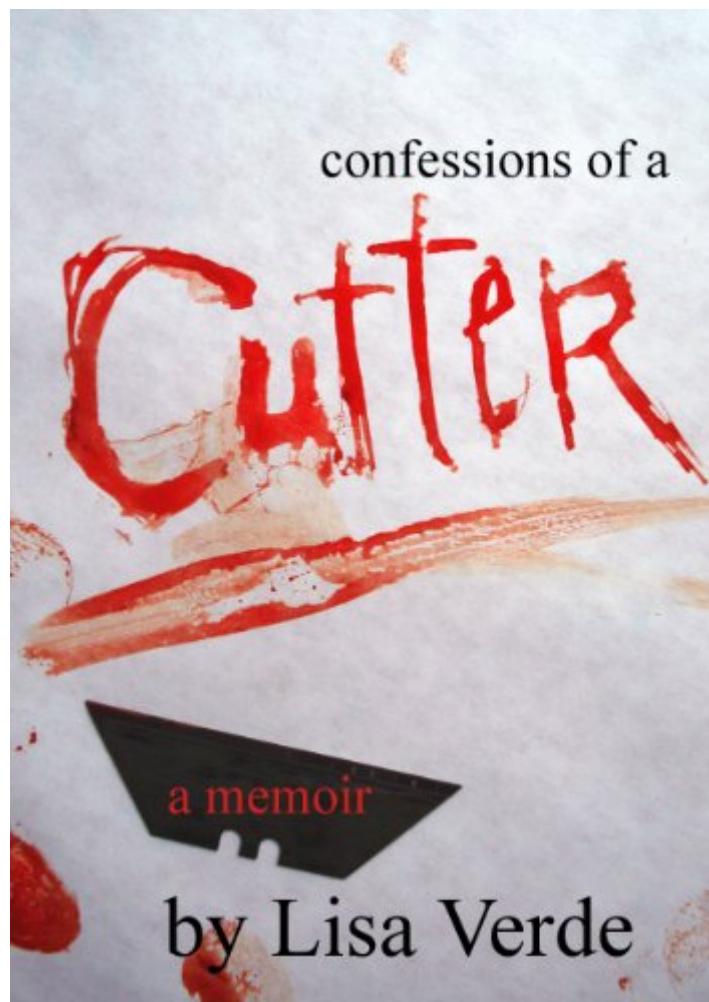


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# Confessions Of A Cutter: A True Story Of Sexual Abuse, Self Mutilation, And Recovery



## **Synopsis**

In this shockingly candid memoir, award-winning writer Lisa Verde exposes the truth about her personal journey with self mutilation. She details the years of childhood sexual abuse, humiliation, and neglect that finally led to the spontaneous revelation that cutting and burning herself would keep her tethered to reality. In a boldly convention-defying analysis, Verde asserts that burning and cutting herself from age 11 to 19 was a strong self-administered therapy that ultimately saved her sanity and her life. As she writes: "I wanted to die, but more than that, I wanted to not die." This work of non-fiction represents the very intimate struggle of one girl's journey into womanhood and wellness, through the personal struggle for courage and sanity. Approximately 12,500 words, or 45-60 minutes of reading time.

## **Book Information**

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## **Customer Reviews**

I was absolutely disgusted and disappointed in this book. The fact that she states that the things she's read seem to trivialize cutting, then states that she got over it herself, does just that - makes it seem more simple than it is. Cutting IS an addiction. It's one that I spent time in a treatment center

for. Yes, it's as a result of other circumstances & mental illnesses, but it's an addiction, much like drugs or alcohol. People DON'T just stop after adolescence as she suggests at the end (I'd like to know where she gets her facts) and not wanting to talk about it doesn't help to make a topic like cutting any less taboo. In fact, if she did her research, she'd see that yes, it does impact adolescents and young adults the most, but it doesn't end there are plenty of adults, and even the elderly, that self-harm. It may not be in the form of cutting all the time, but self-harm is self-harm. The fact that she proudly states it was "absolutely the right thing to do" is incredibly irresponsible, as if you can only get through a situation successfully with a coping mechanism so destructive. To say she was selfish and self-indulgent for going through this "phase" does an injustice to those who actually suffer with this addiction. It IS beyond their control & implying that it makes them selfish or self-indulgent doesn't do justice to the fact that most self-harm addicts (but apparently not her) try to hide their wounds & scars so that they DON'T impact others. It's a disease of secrets, not bragging and "trophies" as she likes to portray. People in these situations aren't standing around letting people put cigarettes out on them. They're hiding these issues, not flaunting them.

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