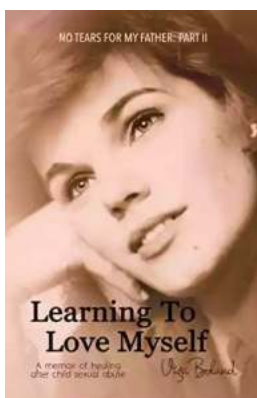


No Tears For My Father: A Riveting Tale of Strength, Resilience, and Redemption

When we hear the words "No Tears For My Father," our intrigue is piqued, and our curiosity ignited. It is a title that promises a story so captivating and emotionally charged that we cannot help but be drawn in. In this article, we will delve into this remarkable narrative, exploring the depths of a journey filled with heartbreak, courage, and the ultimate power of forgiveness.

The story of "No Tears For My Father" revolves around the life of a young girl named Lily, who grows up in a dysfunctional family plagued by abuse and shattered dreams. Her father, a man once full of potential and promise, succumbs to the demons of addiction and constantly inflicts physical and emotional pain upon his family.

From the onset, the reader is encompassed within a world of sadness and despair, as the darkness of Lily's childhood is artfully described. Each scene is painted with vivid detail, immersing us in the chilling reality of her existence. We witness her feeling a sense of isolation, tainted with fear, and yearning for a life filled with warmth and love.



No Tears for my Father: Part 2: LEARNING to LOVE MYSELF: A memoir of healing after incest

by Viga Boland(Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 33791 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 347 pages
Lending : Enabled



The narrative unfolds with Lily's determination to break free from the clutches of her father's abuse. Her journey towards liberation is filled with numerous obstacles, forcing her to confront her deepest fears. But what makes this tale so powerful is the portrayal of Lily's unwavering resilience.

Throughout the story, Lily finds solace in the written word, discovering the transformative power of literature. As she loses herself in the pages of novels and poetry, she escapes the harshness of her reality and finds a glimmer of hope. This metaphorical journey of self-discovery resonates deeply, highlighting the boundless strength of the human spirit.

As the story progresses, we witness Lily's transformation from a victim to a survivor. Her unwavering determination to rise above her circumstances and break the cycle of abuse inspires us. We cannot help but be in awe of her strength and resilience in the face of insurmountable odds.

Nevertheless, the heart of this narrative lies not only in Lily's triumphant journey but also in the exploration of the complex relationship between a daughter and her father. In a society that often espouses the doctrine of unconditional love for parents, Lily is confronted with conflicting emotions.

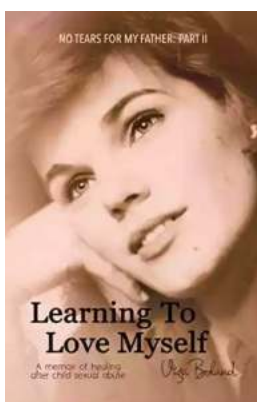
The portrayal of her father, once a symbol of fear and pain, becomes increasingly nuanced as the layers of his character are peeled back. We are exposed to a troubled soul haunted by his own demons, battling addiction and regrets. This

compelling narrative humanizes a figure that would have otherwise been relegated to the role of a one-dimensional antagonist.

As the climax of the story unfolds, we are left with a powerful message of forgiveness. "No Tears For My Father" challenges our perceptions and forces us to confront our own notions of blame and reconciliation. It teaches us that forgiveness is not a sign of weakness but rather a profound act of strength, offering the possibility of healing and redemption.

The masterpiece that is "No Tears For My Father" immerses us in a world of pain, hope, and transformation. It shines a light on the depths of human resilience, reminding us that even in the darkest of times, there is always the potential for healing and growth.

So, dear reader, brace yourself for an emotional rollercoaster that will keep you on the edge of your seat. Let "No Tears For My Father" take you on a journey of self-discovery, unveiling the power of forgiveness and the strength of the human spirit. Prepare to be moved, inspired, and forever changed by this riveting tale.



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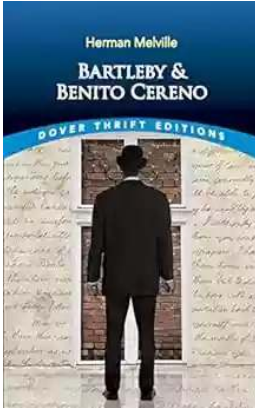
Viga Boland, author of the Gold Medal winning book, "No Tears for my Father" was a victim of incest at the hands of her biological father for 14 years. She told no-one, including her husband, about the abuse until she was 65. Why did she stay quiet for so long, not even telling her husband or children about her past? How did they react when they finally found out? Before you open this book, find out by visiting the author's website at <http://www.vigaboland.com> and watching her TV interviews where she explains why she kept silent and how her family reacted.

What readers, and other victims of incest, should NOT expect from this book is a therapy, guidance on how to heal yourself after childhood sexual abuse. This is, first and foremost, a continuing memoir of the author's life ie. what happened after she left her abusive home. It's a story of learning about true, unconditional love and how it frees a woman to finally become herself, to find out all she is capable of doing and achieving, and in the process, learning to love herself. As she does, she rids herself of the shame and blame, and finally the secret she kept hidden for too long, as most victims of incest do.

What the author relates is her personal journey to healing; other victims are not as lucky. The author didn't write this book as therapy or help for others. But her story does offer hope to other victims that there is the chance of happiness if you believe in and follow the wisdom of the serenity prayer: Accept what you cannot change; change what you can and have the wisdom to know the difference.

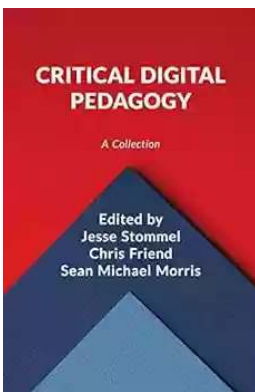
As to the question so many readers ask and can't understand: "Why didn't she speak up sooner?" "Why didn't she bring him to justice?" Go ask the thousands of other victims of incest the same questions. Only they can understand the silence.

"Learning to Love Myself" is a memoir of rebirth and recovery from abuse. But even more than that, it is a love story: the love of husband and wife; the love of children, and love of self.



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