**Table of Contents**

**Chapter 1 On the Writing of This Book: An Unusual Collaboration**

**Chapter 2 A Funeral …………………………………………….…………………..**

**Chapter 3 Why Didn’t I Tell? ....................................................................**

**Chapter 4 Dr. Elizabeth Mahlou ………………………….……………............**

**Chapter 5 Mother …………………………………………………….…………….....**

**Chapter 6 Lies and Secrets …………………………………………………….......**

**Chapter 7 My Siblings, My Mother ……………………………………………….....**

**Chapter 8 Carol ……………………………………………………………………………**

**Chapter 9 I Don’t Belong to Myself ……………………………………………..**

**Chapter 10 Sweet Sleep ………………………………………………………………..**

**Chapter 11 Salvation in School ……………………………………………………….**

**Chapter 12 Physical Abuse and Siblings …………………………………………….**

**Chapter 13 Body, Mine? ………………………………………………………………….**

**Chapter 14 Nightmares and Dreams ………………………………………………….**

**Chapter 15 Lost ……………………………………………………………………………**

**Chapter 16 Sensitive ………………………………………………………………………**

**Chapter 17 The Purpose-Driven Life ………………………….…………………….**

**Chapter 18 Security, Safety …………………………………………………………….**

**Chapter 19 I Want to Die …………………………………………………………………**

**Chapter 20 Anger .................................................................................................**

**Chapter 21 Shame …………………………………………………………………………….**

**Chapter 22 Believer ………………………………………………………………………..**

**Chapter 23 A Crack in the Armor …………………………………………................**

**Chapter 24 An Angel Held Your Heart ……………………………..……………**

**Chapter 25 Diagnosis: BPD ……………………………………………………………**

**Chapter 26 Therapists …………………………………………………………………......**

**Chapter 27 Meds …………………………………………………………………………….**

**Chapter 28 Nebraska and Pauline ………………………………………………………**

**Chapter 29 Hunger …………………………………………………………………….........**

**Chapter 30 The Truth About My Father ……………………………………………**

**Chapter 31 A Light at the End of the Tunnel ……………………………………**