



Scarred: She was a slave to her father. Pain was her only escape.

Sophie Andrews

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The shocking story of how exceptionally violent abuse turned one girl to desperate self-harm before turning her life around.

Growing up, Sophie carried a terrible secret. She was her father's slave, in the most horrific ways imaginable. At just a few months old she was adopted by a couple that seemed comfortably well off and perfectly respectable to the outside world. But behind closed doors, Sophie's childhood was a living hell.

Her father spent the next decade grooming her for abuse and when Sophie's mother left for good, that very night, he told Sophie that from now on she would sleep in his bed. Unable to cope, Sophie spiraled into suicidal misery. She began to self-harm to try and escape the agony. But one day she went too far and at 16, ended up in a psychiatric unit. It was here that she finally confronted the horrors of home and began the painful journey of rebuilding her life. A phenomenally courageous woman, Sophie now works for the Samaritans and helps other young people in need.

Harrowing yet compelling, this is a searing and truly inspirational account of overcoming the worst abuse and self-harm.

Scarred: She was a slave to her father. Pain was her only escape. Details

Date : Published April 24th 2018 by Hodder (first published March 20th 2008)

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Author : Sophie Andrews

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From Reader Review Scarred: She was a slave to her father. Pain was her only escape. for online ebook

Bekki says

I really enjoy books like these because they are true life and although the content can be very horrible it proves that bad things probably wont last forever and there is always a way to change your life.

Laura says

Brilliant book, insights and I admire her and would love to take the POSITIVE path she has. We both have similar paths in our pasts.

Kirsty Noah-whitlock says

Amazing book by a true survivor

Rachel Zylstra says

Sophie Andrews tells the harrowing story of her life. What she went through was heart breaking and on her father's part, inhumane. How parents can treat their children (biological/adopted) in such ways astounds me and I have to force myself to believe it. I could never put my own children through such hell. A book worth reading.

Liz Young says

Biography of the most brutal kind. Depressing to think that this really happened to someone. Amazing to think that someone could find a sense of balance and understanding about her past after experiencing such a godforsaken life. Incredible that this person could then turn around and attempt to help others through similar experiences. I have nothing to complain about ever.

Autumn says

I absolutely loved this book. It was inspirational to see how Sophie learnt to deal with her past and make it something that was part of her in a good way. I can't fathom young children getting treated like they're absolutely nothing and like A Child Called It I became furious in some parts of the book. I would definitely recommend reading this anyone whatsoever.

Karen O'Donnell says

Strong

This book lets you see how strong some people can be and it also makes you realize when you see people that are homeless you don't know their story a little kindness goes a long way and you might just help that person!

Rebecca McNutt says

Disturbing yet inspiring, *Scarred* is a novel of a child's abuse and torment, and how she overcomes it as she grows up. Haunting beyond belief, this is an unforgettable book and Sophie is an amazing author and person in general.

Nicola says

Not really sure how to review this/rate someone's life story. In terms of writing, the book was done well. It was easy to follow the events and when they happened and the style is clear and non-fussy. Sophie Andrews managed to tell her story without going off on too many rambles. That said, I read for entertainment and this was definitely not entertaining. I found it really uncomfortable to read. The descriptions of the child abuse were too graphic and I found myself trying to skim over them. I get that it was all part of Andrews' story but I don't really get why they had to be detailed in the book. Other than that, it was interesting and a quick enough read.

Celia says

All editing and writing comments aside, I enjoyed this book. As a mental health professional, I found it very real and honest, as well as refreshing. It is never easy to admit failure or lack of progress, but mental health and addiction are wrought with both. And that's OK. It makes the successes, however minute, all the more incredible. I applaud the author.

Lesley Hamilton says

This book shocked me in places especially when sophie found out she had MS, after all she had been and put herself through trying to recover.

I am so pleased that she seems to have come out the other side and not t
let that horrible man and men ruin her life completely

Shaun says

This is a book about sexual abuse. I, fortunately, have never been a victim of abuse, sexual or otherwise, and while I know it exists, it's a topic I have a hard time wrapping my head around.

Sophie was not only sexually abused in horrific ways, she was abused by her father, who also prostituted her out to his friends while he watched. The book tells her story, which details the abuse, and also includes her years spent in mental institutions, her use of cutting to dull the pain (an oxymoron, I know...but apparently a truth), the discovery of her sexuality, and the long-hard road that was her recovery.

I am fascinated by why we do the crazy shit we do, particularly the horrible, awful, unimaginable shit. What goes wrong in a brain (nature and nurture) that a father not only abuses his daughter, in order to fulfill some very weird perversions, but also invites his friends to join in? And what type of grown men join their friend in the sexual abuse of his daughter? Where/When/How does that conversation even begin?

And if this happens in the UK where women are treated with respect and dignity, at least in theory, what the hell is going on around the world in these countries where women are openly regarded as property, and not particularly valued property?

The discussion and exploration of cutting was informative and fascinating. I'm generally familiar with what cutting is...and of course, I've read Gillian Flynn's *Sharp Objects*, but I hadn't really had a true sense of the dynamic until reading Sophie's account.

Needless to say, I still can't wrap my head around what happened to this girl. I still can't imagine what drives a father (biological or not) to molest his daughter. I do have a better appreciation for the healing process that needs to occur to allow the victims to go on, as well as all the bumps and barriers along the way.

I won't call this a "good" read. I will say it was a worthwhile one, though.

***This is a petty and minor criticism, but I feel as if the cover art was deceitful/misleading. Not that it matters that Sophie was older when the abuse started (perhaps it was designed to make a point). But on some level, after having read the book, and having seen several others recommended to me on Amazon as a result of my purchase, I wonder if this is a trend...putting a young toddler or child on the cover because young, toddlers/children are by virtue sweet and innocent. I don't know. It just bothers me, and I'm not sure why, but it does. I want to ask, why this picture? I wonder if putting a teen on the cover would lessen or at least dampen the awfulness on some subconscious level in the same way that the girl in a mini-skirt is somehow a little responsible for the rape. A voluptuous teen, or even a not so voluptuous teen might not seem so innocent...and that's kind of sad. I don't know. Maybe it is just me.

Amanda Karaoulis says

Wow... I have no words for this book. It was heart wrenching, disturbing, sad and inspirational. I am glad that Sophie turned her life around for the better and learned how to deal with her past. I recommend it to everyone, it was an amazing read.

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Karen Middlemiss says

Inspiring

Although a harrowing tale it has been very insightful to understand why people self harm. Recommended to me as I'm an emergency services call handler and work closely with mental health services.
