



Only I Can Define Me: Releasing Shame and Growing Into My Adult Self (Paperback)

By MS Dena Sisk Foman

Createspace, United States, 2011. Paperback. Book Condition: New. Missy Ciocca (illustrator). Large Print. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a memoir of breaking the generational cycle of familial mental illness and dysfunction. Ms. Foman was abandoned by her mother at 11 years old and her world crumbled. Her mother then turned to a life of drugs and self-gratification. Her father dove into a new marriage just after the divorce and turned to dealing with his problems by drinking alcohol which led to his alcohol addiction. Thankfully, her father found sobriety later in life, but her mother remains an active drug user. As a result of her confusion, Ms. Foman turned to a life of promiscuity, drinking and got pregnant at 18 years old. She married a man similar to those examples she saw as a child. As this young woman was consumed with understanding why her life was so consumed with drama, she set out to understand and this journey took over 20 painful years. Ms. Foman left her first abusive marriage and went back to get a GED after dropping out of high school. She then went...

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