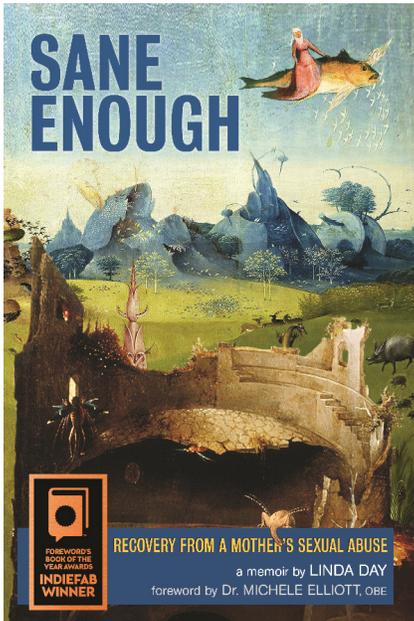


## WINNER, Foreword Reviews' INDIEFAB Book of the Year Awards\*

“A challenging, insightful, and rare work... Day's writing is self-aware, her prose elegant, and her familiarity with the nuances of the subject apparent... Moments will sear their way into your consciousness.” **FOREWORD REVIEWS** ★★★★★



### **SANE ENOUGH: Recovery From a Mother's Sexual Abuse**

A memoir by Linda A. Day; Foreword by Dr. Michele Elliott, OBE

**Paperback** (\$16.95 retail), **Kindle & ebook** (\$9.99).

**Publish dates:** Ingram, 7/24/15; Amazon 2/1/15.

**Format:** Paperback: 6" x 9", 400 pages, 24 interior B&W photos, cover by Hieronymus Bosch (1450-1615) and Linda Day. Ebook has color photos.

**Categories:** Biography & Autobiography/personal memoir, Literary, Women, Families & Relationships/child abuse, LGBT.

**Publisher:** Crossvine Press, DBA of Linda Day, contact info below.

**Distributors:** Ingram, Amazon, CreateSpace eStore (registered on Bowker).

**Website:** [www.sane-enough.com](http://www.sane-enough.com).

**ISBN:** 978-0-9863883-1-6 (Amazon paperback)

978-0-9863883-7-8 (Kindle) (ASIN: B00TL0ZFYG)

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978-0-9863883-3-0 (Ingram epub)

**LCCN:** 2015900120

### OTHER REVIEW QUOTES:

- “Linda Day tells her story with candor and pulls no punches. *Sane Enough* is a testament... a memoir that should be required reading.” – **Linda Sexton**, author of *Searching for Mercy Street: My Journey Back To My Mother*

- “Insightful and pithy, *Sane Enough* brings you into a hidden world... Important for survivors and anyone who cares about children.” – **Dr. Michele Elliott**, Order of the British Empire, Winston Churchill Fellow

- “Linda opens our minds and hearts in this beautifully written memoir... emotionally riveting truth.” – **Roberta Dolan**, author of *Say It Out Loud: Revealing and Healing the Scars of Sexual Abuse*

- “A wonderful book, beautifully written and very moving.” – **Sheri Oz**, author of *Overcoming Childhood Sexual Trauma*

- “Searing, inspiring, courageous, illuminating...” – **Dr. Caitilin Stetson**, psychologist

**WRITTEN BY LINDA A. DAY:** Scientist (summa cum laude), artist (magna cum laude), biochemistry research associate (flunky), IBMer (systems, sales, management), carpenter (freelance, 2 years), writer (freelance, 25 years, won every contest entered), polymath (jazz violinist, kayaker, opera lover, tree hugger), and survivor (life). Funny (sometimes dark). Lives in Houston, TX.

**FOREWORD BY DR. MICHELE ELLIOTT, OBE:** Supporter of author's work. Pioneered investigation of female pedophilia in her book “Female Sexual Abuse of Children.” Founder of Kidscape, charity to prevent sexual abuse of children, UK Charity of the Year in 2000. Winston Churchill Fellow. Children's Champion of the United Kingdom. Appointed to Order of the British Empire (OBE) by the Queen of the British Empire for work with children and families. Author of 27 books translated into 16 languages. Lives in the UK.

## **MORE FROM THE *FOREWORD* REVIEW:**

“From award-winning freelance writer Linda Day comes a psychologically challenging memoir almost two decades in the making. *Sane Enough* is the unflinching account of one woman’s struggle to grow into herself... Is she lesbian? Does she really want love? Why does sex always feel so wrong?

“Day’s story involves a host of complicated figures: therapists whose inattention and impropriety bleed into abuse territory; sexual partners who are both frustrated and manipulative; and dark members of her family. Day draws from diaries and old letters to flesh out these characters, and punctuates her memories with psychological insights.

“Day’s work is self-aware, her prose elegant and her familiarity with the nuances of the subject apparent. Some moments will sear their ways into the consciousness. The tactile nature of Day’s scene setting makes such moments all the more devastating. Moreover, Day’s willingness to give room to those who doubt her—who read her manuscript and accused her of invention—brings into relief the fraught nature of abuse revelations.

“This is a hard and honest book to work through, but its pages constitute a valuable entry into more open discussions of childhood sexual abuse... the naked nature of her recollections may inspire others toward similar acts of bravery.

**“*Sane Enough* is a challenging, insightful and rare work that offers poignant insights into what it’s like to survive childhood sexual abuse.”**

## **“COMPARABLE” BOOKS**

Some related books (there are almost none specifically about mother-daughter incest) are:

- *Fire Shut Up In My Bones*, 2014, Charles M. Blow. Memoir of childhood and same-sex abuse by a cousin. Quite similar except he’s a young black man with a cousin, and I’m an older white woman with a mother.
- *Female Sexual Abuse of Children*, 1994, by Michele Elliott. Compendium of scholarly articles, a groundbreaking work, for which she received hate mail from feminists who were convinced that mothers don’t do that. Wrote foreword to *Sane Enough*.
- *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*, 20th Anniversary Edition, 2008, by Ellen Bass and Laura Davis. Classic self-help text and workbook for incest survivors.
- *The Last Secret: Daughters Sexually Abused By Mothers*, 1997, by Bobbie Rosencrans, MSW. Review of about 100 case studies.
- *Mother-Daughter Incest: A Guide for Helping Professionals*, 2004, by Beverly A. Ogilvie. Help for therapists.
- *A Mother’s Touch: Surviving Mother-Daughter Sexual Abuse*, 2006, by Julie A. Brand, M.S. Combination semi-memoir and self-help.
- *Say it Out Loud: Revealing and Healing the Scars of Sexual Abuse*, 2014, by Roberta Dolan, memoir and self-help.

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\* Narrowed down from nearly 2,000 entries by a panel of librarians and booksellers, along with Foreword Reviews’ editorial staff, the winners in 66 categories are considered the year’s best books published by independent publishers, university presses, and self-published authors. Foreword Reviews made the announcement in a live presentation at the American Library Association Annual Conference. A complete list of winners can be found at:

<https://indiefab.forewordreviews.com/winners/2015/>