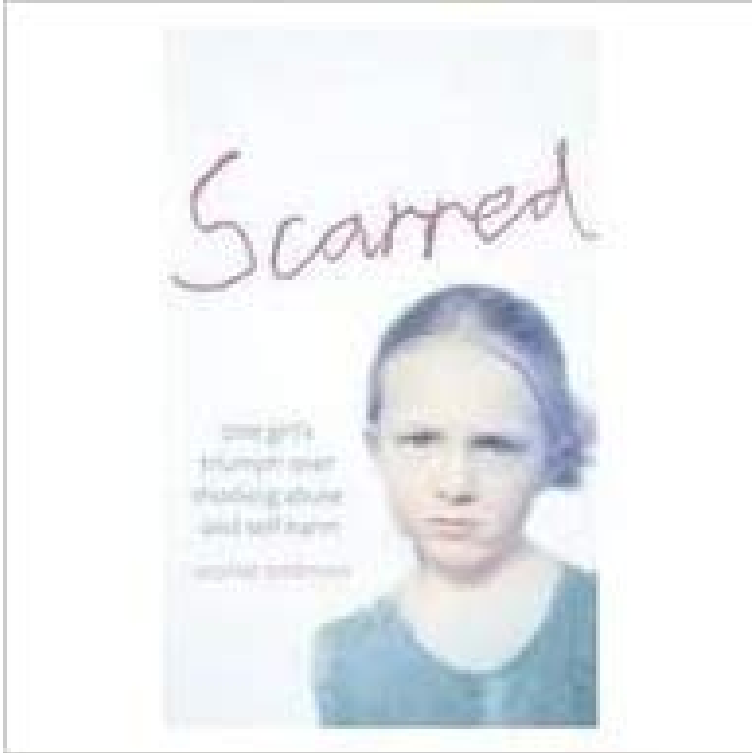


Scarred: One Girls Triumph Over Shocking Abuse and Self-Harm



Growing up, Sophie carried a terrible secret. She was her fathers slave, in the most horrific ways imaginable. At just a few months old she was adopted by a couple that seemed comfortably off and perfectly respectable to the outside world. But behind closed doors, Sophies childhood was a living hell. Her father spent the next decade grooming her for abuse and when Sophies 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.

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