



## Breakout: Surviving Abuse and Alcoholism. This Is My Story. (Paperback)

By Sukree Boodram

Sukree Boodram, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Breakout by Sukree Boodram is a stunning memoir about an Indian woman who survives abuse and alcoholism and winds up triumphant. There have been many books about breaking free from an abuser or an alcoholic, but now, in Breakout, Sukree Boodram tells the story of how she, a woman from the West Indies, had to shatter the traditions she grew up to appreciate in order to free herself emotionally and physically. A naive young wife, she was married for twenty-one years to an alcoholic husband who was verbally and emotionally abusive. Enveloped by her culture and her tradition not to reveal any personal problems or suffering to outsiders, choosing not to ask for help or to stand up to her husband, Boodram found herself in a bind without any real support. As her children grew into their teens, she finally made a crucial decision. Relying on her own optimistic nature, strength, and bravery, she reveals how she was able to break free from the painful structure of her marriage, to leave it behind and attempt to build a new life. Deeply honest,...



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