



# Confessions Of A Cutter: A True Story of Sexual Abuse, Self Mutilation, and Recovery

*Lisa Verde*

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## **Confessions Of A Cutter: A True Story of Sexual Abuse, Self Mutilation, and Recovery** Lisa Verde

In this shockingly candid memoir, award-winning writer Lisa Verde exposes the truth about her personal journey with self mutilation. She details the years of childhood sexual abuse, humiliation, and neglect that finally led to the spontaneous revelation that cutting and burning herself would keep her tethered to reality.

In a boldly convention-defying analysis, Verde asserts that burning and cutting herself from age 11 to 19 was a strong self-administered therapy that ultimately saved her sanity and her life.

As she writes: "I wanted to die, but more than that, I wanted to not die."

This work of non-fiction represents the very intimate struggle of one girl's journey into womanhood and wellness, through the personal struggle for courage and sanity.

Approximately 12,500 words, or 45-60 minutes of reading time.

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