



No Tears For My Father: A true story of incest

By Viga Boland

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Winner of a GOLD MEDAL in the 2014 READERS FAVORITE BOOK

AWARDS! Trapped in a web of deceit & confusion spun by her father from the age of 11, the author shares her true story of incest in the hopes that by coming out from under years of sexual abuse, other victims will be encouraged to do the same. This is an important, no-holds-barred book complete with graphic scenes and language because "that's the way it happened and that's how it must be told. Victims' own voices are the best weapons against child sexual abuse." This 291-page story comes with a "trigger warning advisory" as it details the mental, physical and sexual abuse inflicted on the author by her biological father. Victims of similar abuse need to realize this story could cause flashbacks of their own as they identify with scenes and language that mirror their own experiences. Those who have never suffered sexual abuse may be shocked by what the author's father put her through and the utter control he had of all areas of her life until she finally got away.

This book will frighten and enlighten readers as to what goes on behind the closed doors of too many homes and is rarely talked about or acknowledged, or worse yet, is even denied by family members who know it is going on.

WHO SHOULD READ THIS BOOK?

- 1) Those who truly care about children's welfare and want to know the truth about what can and does go on in thousands of families worldwide. These readers want to understand how incest affects children as they grow into adulthood and what the long-lasting effects of incest can be like.
- 2) Those who are in denial and refuse to believe this kind of child sexual abuse actually occurs at the hands of fathers, mothers, sisters, brothers, aunts and uncles and other close family relatives

WHO SHOULDN'T READ THIS BOOK?

- 1) Those who think incest is an acceptable and enjoyable activity between family members
- 2) Those who think this is another "Fifty Shades of Gray" and are looking for sexual stimulation via books
- 3) Those who are still very raw in their own healing and recovery from incest and

could be easily triggered by the graphic scenes and language

4) Those victims looking for a book on healing or how to recover from childhood sexual abuse. This is a story only. Those seeking help in healing should consult a therapist, join a self-help group or purchase one of the many excellent books available for healing purposes, such as THE COURAGE TO HEAL

NO TEARS FOR MY FATHER contains actual photos from the family archives and is enhanced with poems by the author set against beautiful colour graphics. Reviewers have called this book "honestly unforgettable", and more than one reader has said "I couldn't put the book down!" Read NO TEARS FOR MY FATHER and find out why one reviewer said "Viga makes me believe survival is possible for any injustice that we experience in our life. What a great read!"

On October 15, 2014, at the request of her readers and fans, Viga Boland released her follow-up memoir, "NO TEARS FOR MY FATHER: Part 2: LEARNING TO LOVE MYSELF", her story of recovery from abuse and of self-discovery through the love of her husband and children. Don't miss it. Available now at Amazon!

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Editorial Review

Review

"Thank you, Viga, for telling your story and including your poetry. Writing this book must have been terribly hard, and I'm grateful. To write in the first person about incest, especially in blow-by-blow terms. looks like a humongous undertaking.

I'm sure many of your readers will ask "Why did you stay?" and at moments I wondered myself. But you had nowhere to go. Very compelling book, with realistic writing. You write well, and I'm looking forward to your next book!"

Judge, 22nd Annual Writer's Digest Self-Published Book Awards.

From the Author

DEAR READER (excerpt from NO TEARS FOR MY FATHER)

Oprah Winfrey once said:

"What I know for sure is this: You are built not to shrink down to less, but to blossom into more. To be more splendid. To be more extraordinary. To use every moment to fill yourself up."

It is nearly impossible to fulfill that vision as long as we believe and live with what our abusers told us about ourselves. The words with which they manipulated us for their own pleasure influence everything we are, think and do, even years after their abuse has stopped.

From my perspective, the abuse inflicted on my body by my father is nothing compared to the damage he did to my mind, my self-esteem and my self-love, and it's taken years of love and support from my family and a heck of a lot of self-talk to make me feel good about myself again. I now know I was put on this earth for something bigger and better than to satisfy my father's demands ... that I was meant to "blossom into more" become "more splendid" and "more extraordinary".

I also know and believe with all my heart that none of us can become more extraordinary or more splendid as long as we tell ourselves that what happened was our fault!

What happened was not our fault!

We didn't ask for it. We wore the shame; we took the blame. But it was not our fault! Those words are the only ones to tell yourself now, every day, if you are in the process of trying to heal, and that healing may take most of your life. But we are worth whatever amount of time it takes!

And above all, we must start talking about incest! We must COME OUT FROM UNDER and SPEAK OUT FROM UNDER Child Sexual Abuse. I have bared all in this book to show you one way to come out from under. There are others and many victim/survivors are using them. They are writing books, blogs, poems and songs. They are painting pictures. Wonderful art is being born of their pain. With every creation they are becoming "more splendid", "more extraordinary", because that's what we are: we victims **are** extraordinary in what we have suffered and survived. Yes, many of us have been silent because we lacked the courage to speak up. We feared reprisal. But many of us have been silent because we cared more for someone else than for ourselves. I'd like to think that in being silent, we showed strength, not weakness. Unlike our abusers, we didn't put ourselves first! And in that respect, we are extraordinary in a world where it's always "me first!"

I would like to invite those of you who need a private place to talk with others and "bare all" to apply for membership in my closed Facebook group at this link:

SPEAK OUT FROM UNDER CHILD SEXUAL ABUSE IN FAMILIES:

and I hope you will "like" my Facebook page, **COMING OUT FROM UNDER INCEST:**

I also invite you to become a follower or subscribe to this blog, **VIGALAND: COMING OUT FROM UNDER INCEST**

According to the website, **VOICE FOUND**, in Canada alone:

- 1 in 3 girls and 1 in 5 boys experience an unwanted sexual act before their 18th birthday.
- 95 % of child sexual abuse victims know their perpetrator.
- 30-40% of sexual assault victims are abused by a family member.
 - Non-parental relatives - 35%
 - Friends and Peers - 15%
 - Stepfathers - 13%
 - Biological Fathers - 9%
 - Other Acquaintances - 9%
 - Boyfriend/Girlfriend of Biological Parent - 5%
 - Biological Mother - 5%
- Very few cases (2%) of substantiated sexual abuse involve a stranger.
- Child and youth victims who were sexually assaulted by family members were on average 9 years old compared to 12 years old for victims of non-family members.
- 64% of sexual offences reported to police took place in a residence
 - 26% took place in public and open areas, and
 - 11% took place in commercial places
- 54% of girls and 31% of boys under 21 have experienced sexual abuse; (22% of female victims reported two or more sexual offences and 7% of male victims reported two or more sexual offences)
- In 2005, the rate of sexual assault against children and youth was over five times higher than for adults (206 children and youth victims compared to 39 adult victims for every 100,000 people.)
- Boys 4-7 years of age were 3 times more often the victims of sexual abuse than boys of other ages.
- Girls aged 4-7 and 12-17 were twice as likely to be victims of sexual abuse as girls aged 0-3 and 8-11.

So just how big and widespread is child sexual abuse and incest? The statistics for Canada alone speak volumes. Visit that link to see what the effect of this abuse is on the boys and girls who will be tomorrow's adults. It's frightening. And it's why I state in the beginning of my book that

"Victims' own voices are the best weapons against child sexual abuse."

But is anyone listening? And if we do listen, do we really hear and believe what they tell us or do we sit silently in denial? Wake up people! This is happening in your city, your town, your neighbourhood. And victims, come out from under however you can. Start talking to heal yourself. Speak out from under incest and child sexual abuse for the sake of today's child and tomorrow's adult.

About the Author

If you've already read *"No Tears for my Father"*, then you already know more about this author than long-time friends and members of the family know. If you haven't read it yet, once you do, you might ask yourself *"Why is that woman smiling?"*

She smiles because she's been blessed with a good husband, two beautiful daughters and a lovely granddaughter. And she smiles because with this book, she has realized a life-long goal: to become a published author on an important subject: child sexual abuse.

Career-wise, Viga Boland has worn many hats: high-school English teacher, real-estate sales lady, regional sales director, educational and business consultant, and for many years, co-owner with her husband of a wedding photography studio. Her hobbies include investing in vintage and antique jewelry, walking and swimming. But her favourite past-time is writing!

Viga has had articles, book reviews and interviews published in magazines over the years and is an award-

winning poet. She loves to blog and has a great sense of humor, born of pain and learning to laugh at herself because "life is too short to be sad".

Viga is passionate about helping others overcome the pain of child sexual abuse and getting victims to stop the silence that contributes to continuing violence and abuse. She urges all to speak out from under incest and child sexual abuse for the sake of today's child and tomorrow's adult.

"No Tears for my Father" is Viga's first major book of non-fiction. At the request of her readers, she is currently writing a sequel exploring the years following her escape from a childhood of incest, how she recovered and developed into the woman she is today.

Users Review

From reader reviews:

Lorenzo Logan:

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite e-book and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled No Tears For My Father: A true story of incest. Try to make the book No Tears For My Father: A true story of incest as your buddy. It means that it can to become your friend when you truly feel alone and beside associated with course make you smarter than in the past. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know everything by the book. So , we need to make new experience in addition to knowledge with this book.

Timothy Rocha:

The book No Tears For My Father: A true story of incest make one feel enjoy for your spare time. You can use to make your capable a lot more increase. Book can to get your best friend when you getting strain or having big problem using your subject. If you can make studying a book No Tears For My Father: A true story of incest being your habit, you can get much more advantages, like add your own capable, increase your knowledge about some or all subjects. It is possible to know everything if you like start and read a book No Tears For My Father: A true story of incest. Kinds of book are several. It means that, science guide or encyclopedia or other individuals. So , how do you think about this publication?

Richard Diller:

The book No Tears For My Father: A true story of incest can give more knowledge and information about everything you want. Why must we leave the great thing like a book No Tears For My Father: A true story of incest? A few of you have a different opinion about reserve. But one aim which book can give many information for us. It is absolutely appropriate. Right now, try to closer together with your book. Knowledge or details that you take for that, you can give for each other; you can share all of these. Book No Tears For My Father: A true story of incest has simple shape but you know: it has great and big function for you. You can appearance the enormous world by open and read a e-book. So it is very wonderful.

Jack Lacasse:

Reading can be called mind hangout, why? Because while you are reading a book specifically book entitled No Tears For My Father: A true story of incest your head will drift away through every dimension, wandering in every single aspect that maybe not known for but surely will end up your mind friends. Imaging every word written in a publication then become one web form conclusion and explanation this maybe you never get prior to. The No Tears For My Father: A true story of incest giving you a different experience more than blown away the mind but also giving you useful data for your better life on this era. So now let us teach you the relaxing pattern is your body and mind will likely be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

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