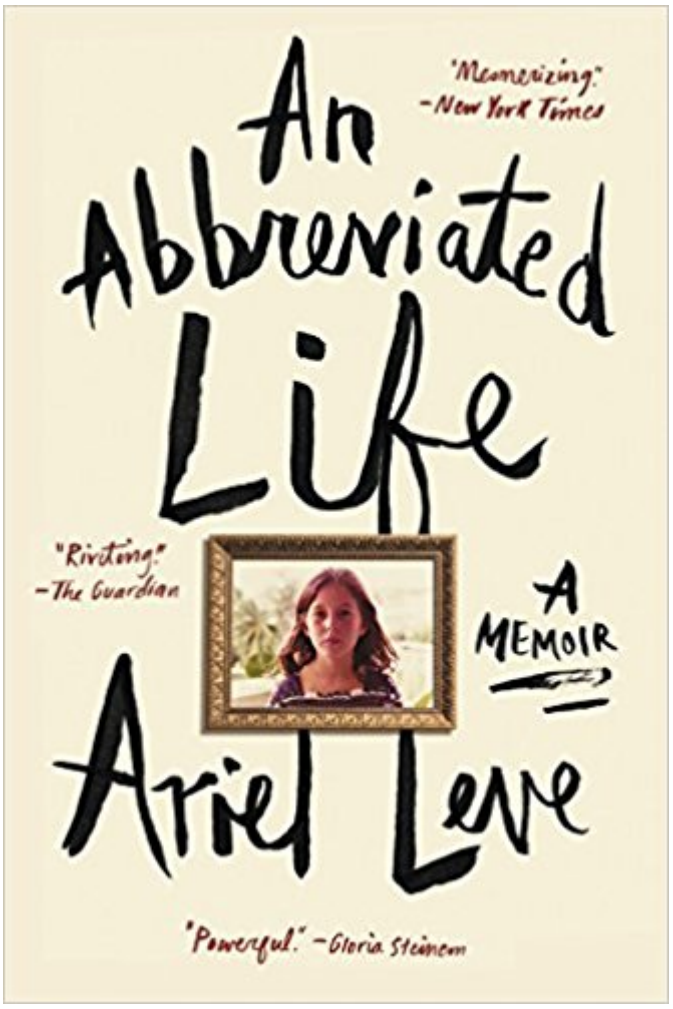
Ebook Directory
the best source of ebook

The book was found

An Abbreviated Life: A Memoir



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

A beautiful, startling, and candid memoir about growing up without boundaries, in which Ariel Leve recalls with candor and sensitivity the turbulent time she endured as the only child of an unstable poet for a mother and a beloved but largely absent father, and explores the consequences of a psychologically harrowing childhood as she seeks refuge from the past and recovers what was lost.Ariel Leve grew up in Manhattan with an eccentric mother she describes as Ã¢â ¬Å“a poet, an artist, a self-appointed troublemaker and attention seeker.Ã¢â ¬Â• Leve learned to become her own parent, taking care of herself and her motherÃ¢â ¬â„¢s needs. There would be uncontrolled, impulsive rages followed with denial, disavowed responsibility, and then extreme outpourings of affection. How does a child learn to feel safe in this topsy-turvy world of conditional love?Leve captures the chaos and lasting impact of a childÃ¢â ¬â„¢s life under siege and explores how the coping mechanisms she developed to survive later incapacitated her as an adult. There were material comforts, but no emotional safety, except for summer visits to her fatherÃ¢â ¬â„¢s home in South East AsiaÃ¢â ¬â •an escape that was terminated after he attempted to gain custody. Following the death of a loving caretaker, a succession of replacements raised LeveÃ¢â ¬â •relationships which resulted in intense attachment and loss. It was not until decades later, when Leve moved to other side of the world, that she could begin to emancipate herself from the past. In a relationship with a man who has children, caring for them yields clarity of what was missing.In telling her haunting story, Leve seeks to understand the effects of chronic psychological maltreatment on a childÃ¢â ¬â„¢s developing brain, and to discover how to build a life for herself that she never dreamed possible: An unabbreviated life.

Book Information

Paperback: 288 pages
Publisher: Harper Perennial; Reprint edition (June 13, 2017)
Language: English
ISBN-10: 0062269461
ISBN-13: 978-0062269461
Product Dimensions: 5.3 x 0.6 x 8 inches
Shipping Weight: 1.6 ounces (View shipping rates and policies)
Average Customer Review: 4.1 out of 5 stars 78 customer reviews
Best Sellers Rank: #189,433 in Books (See Top 100 in Books) #159 inÃ Â Books > Parenting & Relationships > Family Relationships > Dysfunctional Families #2225 inÃ Â Books > Medical

Books > Psychology > General #6024 inÃ Â Books > Biographies & Memoirs > Memoirs

Customer Reviews

Ã¢â ¬Å“My latest favorite. . . Ariel Leve grew up on ManhattanÃ¢â ¬â„¢s Upper East Side, wanting for nothing except everything that matters to a kid: safety, security, predictability, unconditional love. Her dad lived in Southeast Asia, and her mom was needy and wildly unpredictable, and saved her charm for drunken revelers who partied loudly while Leve tried to fall asleep. . . . As an adult, she once crossed paths with a former party guest, who told a mutual acquaintance, Ã¢â ¬Ëœl always wondered how that little girl would survive. I thought her only choices were suicide or murder.Ã¢â ¬â„¢ To learn how Leve saved herself, you must read this distressing and inspiring book.Ã¢â ¬â„¢Ã¢â ¬Â• (Elisabeth Egan, The Miami Herald)Ã¢â ¬Å“The staccato style of this searing memoir enhances the harshness and emotional power of what is a frightening story by a brave author, who resolutely describes herself as Ã¢â ¬Ëœa long-distance runner through the canyon of childhoodÃ¢â ¬â„¢Ã¢â ¬â •a modest understatement. An unstinting portrayal of psychological abuse, both insightful and precisely told.Ã¢â ¬Â• (John Irving)Ã¢â ¬Å“An Abbreviated Life (Harper), an explosive new memoir from acclaimed journalist Ariel Leve, chronicles LeveÃ¢â ¬â„¢s dismal childhood under the primary care of her riveting, glamourous, intellectual, and ultimately incredibly destructive mother. . . . In the company of captivating memoirists Mary Karr and Alexandra Fuller.Ã¢â ¬Â• (Elle)Ã¢â ¬Å“A powerful and frequently devastating account of a childhood without boundaries and dominated by loneliness, chaos and fear. LeveÃ¢â ¬â„¢s recollections can be brutal but are made digestible by the elegant sparseness of her prose.Ã¢â ¬Â• (The Guardian)Ã¢â ¬Å“Mesmerizing... A portrait of something familiar gone wildly, tragically awry.Ã¢â ¬Â• (New York Times)Ã¢â ¬Å“LeveÃ¢â ¬Â¦writes in beautiful, staccato sentences and weaves her own story together masterfully.Ã¢â ¬Â• (Evening Standard (London))Ã¢â ¬Å“LeveÃ¢â ¬â„¢s prose is soulful, cryptic, musing.Ã¢â ¬Â• (Sheila Weller, New York Observer)Ã¢â ¬Å“Ariel LeveÃ¢â ¬â„¢s haunting memoir about life with her unpredictable mother is maddening, devastating and consuming.Ã¢â ¬Â• (Minnesota Public Radio, "Best Books of 2016")Ã¢â ¬Å“An Abbreviated Life adds a harrowing chapter to the great tragi-comedy called Ã¢â ¬Å“We DonÃ¢â ¬â„¢t Get To Choose Our Parents.Ã¢â ¬Â• Ariel LeveÃ¢â ¬â„¢s extremely readable memoir is, at its heart, a story about surviving childhoodÃ¢â ¬â •a trick we must all perform. Even in its raw extremes, her story is a universal one.Ã¢â ¬Â• (Richard Ford)Ã¢â ¬Å“Out of a childhood that seems just about impossible to have survived, Ariel Leve has written a haunting, indelible story that becomes its own form of redemption. This is an act of bravery that strikes me not

only as a literary achievement, but a human one.Ã¢â ¬Â• (Dani Shapiro)Ã¢â ¬Å“Unsparing. . . . riveting and evokes with clarity the emotional turmoil of being subjected to the constant needs of a narcissistic parent.Ã¢â ¬Â• (Jon Ronson, The Guardian)Ã¢â ¬Å“LeveÃ¢â ¬â„¢s powerful story of surviving her brutal childhood demonstrates that contentment can be found.Ã¢â ¬Â• (Publishers Weekly

In this extraordinary memoir, Ariel Leve takes us through the looking glass into the life of an only child growing up under siege. The unconventional world Ariel inhabited was dominated by her mother, a gifted but unstable poet without boundaries or self-restraint. Mother and daughter lived in a penthouse on ManhattanÃ¢â ¬â„¢s Upper East Side, the setting for raucous parties that attracted New YorkÃ¢â ¬â„¢s cultural and intellectual elite: Gloria Steinem, Norman Mailer, and Andy Warhol, to name a few. For all its glamour, this was a universe that was neither predictable nor safe.With her beloved father living in Southeast Asia, young Ariel was left to navigate an emotionally perilous landscape alone. It took four decades before she was able to make sense of the aftershocks of childhood. Unflinchingly, and with ferocious candor, Leve trains her writerÃ¢â ¬â„¢s eye on the harrowing circumstances of her life with (and without) her mother, and transforms the chaos into art.In stripped-down, elegant prose, Leve paints an indelible portrait of her upbringing and the long fight to tunnel her way out of the darkness. An Abbreviated Life heralds the arrival of a fearless new voice in the literary firmament.

Those who have suffered the psychological abuse, and worse, from parents who are narcissists, bipolar, alcoholics, etc., will find Ariel LeveÃƒÂ¢Ã â ¬Ã â„¢s narrative and analysis of the PTSD-like symptoms she suffers a refreshing take on a familiar subject. ArielÃƒÂ¢Ã â ¬Ã â„¢s mother was a member of the literati with excessive self-regard. She had long red fingernails and would prevent damaging them by using chop sticks to use the dial-phone. She was too lazy to use phonebooks to get peopleÃƒÂ¢Ã â ¬Ã â„¢s phone numbers, so she dialed information and accrued monthly phone bills in the hundreds of dollars. Then ArielÃƒÂ¢Ã â ¬Ã â„¢s mother would haggle the operators to have the charges rescinded. In other words, ArielÃƒÂ¢Ã â ¬Ã â„¢s mother was an imperious drama-addict who abused her single child and blamed her for her divorce, accused her of betrayal, told her she had never been loved, and engaged in a birthing game that would compel social services to put Ariel in foster care if they had ever known about this sick game.Children in chronically abusive situations grow up to believe their world is ÃƒÂ¢Ã â ¬Ã Å“normalÃƒÂ¢Ã â ¬Ã Â• when in fact their adaptations, in adulthood, turn into

maladaptations.Leve learns the above by consulting Harvard neuroscientist Martin Teicher who explains that a child with chronic abuse is deprived of the good hormones to the brain and overloaded with the bad hormones resulting in ÃƒÂ¢Ã â ¬Ã Å“alteredÃƒÂ¢Ã â ¬Ã Â• (in a very bad way) brain development. The hardwiring gets changed. The abused child actually changes on a cellular level. Teicher explains to Leve with the analogy of a tree that exists in a windy climate: It becomes altered in its shape that is different than a tree that is struck by lightening (lightening being a metaphor for short-term trauma).Her misshapen brain causes her to cut off emotions by using a ÃƒÂ¢Ã â ¬Ã Å“sledgehammer,ÃƒÂ¢Ã â ¬Ã Â• not a ÃƒÂ¢Ã â ¬Ã Å“scalpel,ÃƒÂ¢Ã â ¬Ã Â• to bludgeon her emotions. Being disaffected and despondent becomes the casualty of a child victimized by parental abuse.Trying to change her maladaptive ways by using EMDR therapy created by Francine Shapiro (author of Getting Past Your Past), Leve tries to overcome what amounts to PTSD. She lives with her life-loving boyfriend Mario and seems to find within his gentle, caring spirit the antithesis of her own neurotic self.The bookÃƒÂ¢Ã â ¬Ã â„¢s title comes from this passage: ÃƒÂ¢Ã â ¬Ã Å“To cope, in childhood, was to be on guard at all times. Sentiment was not to be trusted. Hope would be met with disappointment. This was an operating system that allowed me to function, and it carried over into adulthood. The result was to live a life within brackets. An abbreviated life.ÃƒÂ¢Ã â ¬Ã •LeveÃƒÂ¢Ã â ¬Ã â„¢s quest to conquer her maladaptive ways and to learn to embrace life and find love are succinctly expressed in this small book without self-pity or other indulgence. It is a clear-headed, trenchant narrative and analysis of a highly intelligent human being trying to repair a ship that was dashed against the rocks over and over and over again. Highly recommended.

My childhood experience was not as severe as the author's;however, growing up in a family with emotional instability took it's toll. I am so appreciative that Ariel Leve wrote this book. It has taken me decades to undo the damage and some days are still a struggle. Thank you for bringing validation to my feelings and to my need to separate myself from the toxicity that always threatens to drag me back in.

I have never written an review. I've never felt compelled to do so. It has also been years since a book has captured my attention so thoroughly that I have read it cover to cover without taking a break for water, food, the bathroom, chores. I am blown away by Leve's beautiful, spare prose. I stand in awe of the bravery it took to tell this story, her story, with both the appropriate amount of anger and compassion. Mostly, I'm just grateful for its existence. I know others will be, too.

Well written - an important topicThis is a beautifully written memoir about a tough topic. It's important, though, as it underscores the reality that child abuse affects children from every socioeconomic class. Ariel suffered from physical abuse, as well as sexual abuse (although, I don't think she actually realized that until she was much older). She particularly was scarred as an adult from the emotional and psychological abuse from her mother. The thing is, I think her father was an enabler, and too weak to confront the mother. He made his escape, moving far away to protect himself, but who was going to protect his helpless little girl? Ariel needed to think of him as her loving parent, and he was, but he knew that he child was living with an unstable person, and he should have been there for her. The person who voluntarily and lovingly was there for Ariel, throughout her childhood, was the ex lover, and friend of Ariel's father. She is an admirable figure throughout this memoir. It is definitely worth reading, and will make for very interesting discussion in book clubs.

This book was very helpful to me. I had a childhood that was in some ways very similar to the author's. It proved to be serendipitous that I read it at the point in time that I did. It helped me to make a painful choice that I had been contemplating for quite a long time. It was well written. The author should be very proud of herself for being so open and in turn helping so many other people. I always felt like I was quite alone and unique in the type of suffering that I endured as a child and still as an adult with my mother. After having been told again by my mother, you go your way and I will go mine, I am finally going to do that.

Download to continue reading...

An Abbreviated Life: A Memoir An Account, Much Abbreviated, of the Destruction of the Indies With Related Texts Summary - Hillbilly Elegy: Book by J. D. Vance - A Memoir of a Family and Culture in Crisis (Hillbilly Elegy - A Memoir of a Family and Culture in Crisis ... - Book, Paperback, Hardcover, Audible 1) Second Chances: The Memoir of a Teenage Mom: The Memoir of a Teenage Mom Daughters of the Grasslands: A Memoir (Memoir Series) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Life in the Balance: A Physician's Memoir of Life, Love, and Loss with Parkinson's Disease and Dementia Life After Life: A Guildford Four Memoir Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better

leadership, goals, consulting) My Life with Trains: Memoir of a Railroader (Railroads Past and Present) The Long Run: A Memoir of Loss and Life in Motion An Outlaw and a Lady: A Memoir of Music, Life with Waylon, and the Faith that Brought Me Home Hungry for Life: A Memoir Unlocking the Truth Inside an Anorexic Mind The Diving Bell and the Butterfly: A Memoir of Life in Death Blindsided: Lifting a Life Above Illness: A Reluctant Memoir AfterImage: A Brokenhearted Memoir of a Charmed Life Bluegrass Bluesman: A Memoir (Music in American Life) My Sax Life: A Memoir (Latino Voices/Vidas) How to Murder Your Life: A Memoir

Contact Us

DMCA

Privacy

FAQ & Help