



Freak: The True Story of an Insecurity Addict

Rebecca O'Donnell

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From its first caustic, blackly hilarious quote to its unbelievable ending, "Freak" examines a roller coaster ride of a life and never lets up. It tells the true story of Rebecca O'Donnell, an atypical hero who found joy and laughter in the darkest of circumstances. Unlike so many spunky survivors of damaged pasts, Rebecca belonged to those far more common gray areas of depression and insecurity, hidden behind a mask she showed the world. For decades, all her decisions were colored by that grayness, that insecurity; she had put herself into a pit and had to discover a way to crawl out of it. With laughter, self-recognition, and a drop of shaky courage, Rebecca shares exactly how she did that, discovering in the process a gift that she never expected—the ability to help others build their own ladder out of hell. "Freak" offers hope to anyone who has ever heard that voice of self-hatred—the gremlin of insecurity whispering that we can't, we shouldn't, and we don't deserve.

It is the denial of that gremlin and the shattering of its lie that make this memoir resonate with other victims of incest, substance abuse, and depression.

Freak: The True Story of an Insecurity Addict Details

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Author : Rebecca O'Donnell

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Rebecca O'Donnell says

This is my own memoir. It's one nutty, miserable, darkly hilarious ride. I wrote about all my trauma, strengths, weaknesses, joys and, because of my insecurity addiction, unbelievably dumb decisions as an adult. I want people to learn from my mistakes, and I want all my brothers and sisters of circumstance to see that we don't have to be drug addicts, jailbirds or crack whores just because our childhoods were a nightmare. It's tough but we can choose to be happy. Just takes a lot of work. I hope you enjoy it.

Bon Tom says

(Note: This is copy-pasted from my Amazon review - if they decide to approve it:) How do you begin to describe something so amazing on so many levels? This book is cold-hot shower through and through. Because heart-braking troubles get replaced with small personal triumphs all the time, which make you feel warm and fuzzy in shortly restored hope for humanity, but only to be followed by more punching in the stomach. After about three or four buckets of hot steamy crap the protagonist had thrown at her, I was like, wait, did I hear it right? This is like... TRUE story? As a fresh father of five months old girl, that I wonder every they how will I protect her from mundanities of everyday life, not even thinking of such atrocities as described in this book, I was heart broken what not only the author, but the other kids too in this book, had survived. And not only is this a brave testimonial, I would dare to say even a textbook of lessons for those less lucky among us who let others rule their lives because insecurity was burnt in their psyche at formative age while they had no control over their environment whatsoever, this is EXCEPTIONALLY good written book. Amazing material for a movie too. Read or listen now. (audiobook is read by author herself, better done job than many professional readers, heartfelt and beautifully pronounced).

Leigh Zell says

Rebecca made her life an open "book" with Freak. She shared all the pain, confusion, heartbreak and shame she felt while growing up. Rebecca shared the horrific things that happened in her life in order to possibly help others who have suffered the same type of abuse. I think if Rebecca helps just one person with her memoir Freak, then bearing her soul for all to see was a good thing.

Tezlon says

This book draws you in for an emotional, dark, gritty yet hopeful ride. The author brilliantly pulls you into her world of experiences, and pulls back the flesh to reveal the bones beneath, the bare bones of her own journey through a land of inner pain. Shadow memories dance forth revealing the terrible truths that are locked away, and those truths rip apart a reality that most people cannot handle, but those who lived similar experiences, will look upon this book, as a Tome of great teachings. It's there, beneath the murky waters of pain, the true gem of this book, waiting to be found, waiting for those who are brave enough to look for it. Life changing, awe inspiring, humorous, and tugging on the strings of the heart.

