



## **No Tears for My Father: A true story of incest**

*Viga Boland, Andrew Rudd (Editor), Kate Walker (Editor), John Boland (Photographer)*

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Trapped in a web of deceit and 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 they learn 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, 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 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!"

## **No Tears for My Father: A true story of incest Details**

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## **From Reader Review No Tears for My Father: A true story of incest for online ebook**

### **Bonnie Virag says**

The author's heart wrenching story of sexual abuse – by the very person whose role in life is to protect and keep her from harm; is none other than her father. It is difficult to comprehend how a loving father – during his daughter's childhood, suddenly turns into a sex-crazed monster when she enters puberty, completely destroying any vestige of self-respect and pride she has for herself. Just when she is ready to blossom into a young lady, he crushes the life out of her. It is mind boggling the control one can have over a young child but we see it played out so often – "the unbreakable bonds of fear that holds one captive". I truly believe that writing poetry was an escape mechanism for her, thus helping her to maintain her sanity.

I know, from my own experience in writing my memoir, that it took a lot of courage for the author to dig down deep into her soul and put forth this story. She is to be applauded for her true grit.

I give the author five warm hugs for bringing her story to light in hopes that incest and sexual abuse of our children will no longer be hidden behind a curtain of shame, but exposed for what it is – a felony of the worst kind.

"One of the luckiest things that can happen to you in life, I think, is a happy childhood" – Agatha Christie

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### **Melissa Foley says**

"Your book was amazing. I was enthralled, in tears, near vomiting, and happy. Your book had me right there with you. I felt every hit. I cried when you were crying. Amazing Viga, amazing"

Probably THE best book I've read in a long time; Viga Boland captures your heart right from the first page with her satire of an old woman in an oversized parka. What follows next is indescribable as a reader and MUST be seen/read first hand. In this thoughtful, difficult to say the least, written memoir Viga takes you through her journey. As a reader you are right there, a fly on the wall. Every detail, every last one you will feel as if you were Viga Boland yourself.

Even through my tears, I could NOT put this book down.

Thank you Viga for sharing your story. I can only imagine what it must have felt like to finally breathe. Out from under the years, the lifetime of guilt unwillingly bestowed, engraved in you.....I truly have no words for the bravery you have shown in this book. I am honored to read your book and share my thoughts. You are an amazing woman, and thru your writing this book and your beautiful poetry, undoubtedly, will help many others who have struggled to come out from under.....

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### **Sherri Goldberg says**

Just finished reading Viga Boland's book No Tears For My Father. OMG. Brutally honest...couldn't put it down...you're an inspiration...without you I never would have gone public with my own story of incest. Thank you for being so courageous & brave. Thank you for being a mentor & someone I look up to. Btw, I love the photos of you & your family! I strongly recommend all survivors to read this book!

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### **Jenny Hayworth says**

A raw honest telling by the author of a childhood lived in fear suffering sexual abuse from her father and her whole life controlled by him until the day she was loved enough to walk away. My heart ached for her as I related at times to the all too familiar disgusting toilet dreams and the all engulfing shame and self blame. The telling of survivors stories is so important so that other survivors can feel less shame when they see put into print that which may have been too scary to acknowledge and which brings out into the light the wrong that the abuser has tried to keep hidden that the abuser alone is responsible for. The author is brave and courageous and her story will help others feel not so alone who have experienced similar atrocities.

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### **Jessica Snyder hannie says**

I'm truly thankful for this book. Viga writes about the raw, ugly realness of incest and abuse. She gave us, as victims/survivors, the ability to realize that our stories can and should be shared in the hopes of healing and inspiring others. This is a book for those sweet souls who have been abused AND for people who have not experienced abuse. Viga has shattered her silence and found her voice magnificently, and my prayer is that all victims/survivors may follow in her footsteps!! You are a true inspiration and I feel honored to have been trusted with your story!!

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### **Ashley says**

First of all I loved reading this book! It shows how such things as incest and abuse are happening in today's society and how no one wants to speak up on it. It was truly inspirational to me that Viga was able to open up and write something so personal for all to see. It made me feel as though I couldn't put it down, it was so raw and it sent chills down my spine as I read it. I couldn't wait to turn to the next page and finish the book all the while hoping that it wasn't true. If you haven't read this book, it's a must read.

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### **Patricia says**

Viga Boland is an online friend that I met because we are both advocates for ourselves and for other survivors of incest. When I heard that Viga was writing her memoir, No Tears for my Father: a true story of incest, I told her I wanted to read it and would do a book review afterwards.

As Viga says on the back of her book " 'Victims' own voices are the best weapons against child sexual abuse.' " In some ways, Viga tells my story. In others, Viga's story is distinctly her own and no one else's, as is true for all survivor stories. *No Tears for my Father* comes with a Trigger Warning Advisory for the safety of those incest survivors who may experience flashbacks or emotional pain from reading the sometimes graphic scenes of Viga's memories.

Viga Boland was born in Australia in 1946. Like many children of the 1940's and 1950's, Viga was taught by her parents to do what the adults in her life told her to do. It didn't matter who the adult was, they were in control if you were a child. This one rule, above all others, made it easy for Viga to become a victim of childhood sexual abuse and incest.

Viga, throughout her book, compares her dad to Dr. Jekyll and Mr. Hyde. Dr. Jekyll was the smiling, loving father and friend to a lonely little girl who was taught that she was ugly and stupid by the angry, often violent, and unpredictable Mr. Hyde. Mr. Hyde was physically and emotionally abusive to Viga and to her mother.

When Viga Boland was 11 years old, her family moved to Canada, where the physical and emotional abuse continued and at the age of 12, Viga's dad started to also sexually abuse her. The secrets, the lies, the shame and the blame of incest that make a survivor's life a living hell began too. Secrets such as "Let's not tell mama. It would hurt her." "If not for you, I would be having an affair with some other woman and your mother would be hurt." (These aren't exactly Viga's words. They were lies I was told too.) The coercion, the threats and the fear that are part of the daily life of an incest survivor, all of that worked to keep Viga a prisoner in her parents home until the age of 23.

To find out more of Viga Boland's story of incest, you will have to read her book. I would recommend the book *No Tears for my Father*, written by Viga Boland to all who are interested in the truth of what it means to be a victim of childhood abuse, domestic violence and incest.

You can visit Viga Boland at these websites which are listed at the beginning of her book:

<http://www.vigaboland.com>

<http://www.noteearsformyfather.com>

<http://vigaland.blogspot.com>

<http://www.youtube.com/vigaland>

<http://vigaland.com>

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### **Billy Morgan says**

I am the first male reader to review "No Tears for My Father" on this page. I'm sure any other male who appreciates a true, superbly written, powerful human interest story would find the book as difficult to put down as I did. After receiving it by post yesterday lunchtime I finished reading the book this morning at 4

a.m., unable to sleep until I had read to the end.

Not only should the general public find the book absorbing but it should be very helpful to readers who suffered the psychological and physical abuse experienced by the author. According to the statistics at the end of the book one in three girls and one in five boys have experienced an unwanted sexual act before their eighteenth birthday; so the book should have a large readership. It will show the victims that they are not alone in their feelings of guilt and shame. Better yet, it will show that it is possible for them to escape the abuse and live full, happy lives.

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### **Melanie McNamara says**

Having met the author of this amazingly painful story...it makes it possible to believe that people can heal after being physically and emotionally tortured for years by the person who promises to love them and take care of them. Viga shines ....her smile and her beautiful personality helps to erase the discomfort that you feel reading about the horrific childhood that she had. Seeing her today makes me believe that survival is possible for any injustice that we experience in our life. Childhood sexual abuse or any abuse as children should be addressed. Viga's story is truly a means to remove the guilt and shame that the innocents feel for years before taking the step to share their nightmares with others and to take the first steps to heal.

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### **Samreen Ahsan says**

There're some books which you can never get over with. I believe 'No Tears for my father' is one of them. Every night I read a few chapters and kept wondering that it all 'actually' happened to someone. I'd have forgotten it after a few months if I had known this book was fiction but the sad part is, it actually happened to someone - someone who had the courage to survive after so many years - someone who was brave enough to run down that scary memory lane again to write everything - and someone who had the chivalry to speak up the truth - even after so many years. There are so many kids in our society who have been molested or abused in one way or the way but its the parents job to protect their child from cruel society. But what if your protector, your own guardian is a molester? Where'd you do? If I were her, I'd have died years ago but I don't know how Viga Boland survived all this. I'm not here to summarize the entire book as I don't like to review that way. I'm here to gather my feelings, what I felt after reading it...well...honestly...I don't have words to describe it. There are no words in Oxford or Webster that can sum up my feelings after reading this book. I cried from my heart that this has actually happened to someone. There was especially one part of the book that made me put the book down for a while and breathe. It says everything about her journey.

*What goes on behind those doors?  
beneath the rafters, between the floors?  
what fills a child with so much fright?  
she's afraid to go to bed at night*

*It's not the monster under the bed  
That fills her heart with so much dread  
It's the monster that visits her room at night  
And tells her "Sssh---Everything's alright"*

*This is the monster that she most fears  
Who brings such pain and ignores her tears  
The one who messes with her body and head  
Not the monster under the bed*

This book deserves no less than FIVE STARS. It truly deserves the Gold award and I wish the author more success in her work.

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### **Joe Anne says**

Viga Boland has finally told her captivating tale of the fear and shame felt by untold millions of girls around the world. Incest is a heinous crime that has been kept hidden throughout history. The monster perpetrators have been protected because the people around them refuse to face the truth. They are more concerned about their own dignity than they are about the victim who is helpless, frightened, confused, hurt, and ashamed.

As Viga told her story, it took me back in time to when I was a girl, too scared of my father to ever get a moment's peace. You always wonder when they are coming to hurt you, because you KNOW that they WILL, again and again. Viga was living in a prison created by and completely controlled by the monster who was her own flesh and blood. He crushed her spirit and never let her try her wings to fly out into the world as an independent being. Her emotional and social growth was stunted as he kept his precious daughter within easy reach of his filthy hands and mind.

As I read the tale of one year spilling into another of cruel, shameful treatment, I grew to despise her mother almost as much as I hated her father. The second great betrayal is when the people who should be your supporters and protectors leave you in the cold, frightening world that is your life.

Page after page, I was rooting for Viga to finally escape the torture that she had endured for so many years. I hope that her book has finally set her free from her past.

This is an excellent book for any victim to read; and to find the courage to stand up and refuse to be bound any longer by shame.

I was so touched by her poem, No Tears For My Father because that was the way I felt on the day my daddy died. I had no more tears. That well had dried up years before.

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### **Heather Lamb says**

Our minds don't easily process depravity, but Viga Boland takes us there in her heart and gut-wrenching memoir and haunting poetry of incest and abuse in "No Tears for my Father". Her goal is to teach us to see what we don't want to see and moreover, to do something about it. Viga encourages us, with raw honesty and without self-pity, to speak up and root out these sadistic psychopaths who operate behind a veil of secrecy and an illusion of decency. She takes us right there--and then lifts us back out with her hope, courage and endurance to overcome. Thank you Viga. You have just helped someone out there to come out from under.

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### **Lee Anne says**

I couldn't stop reading this book. All the while I was waiting for Viga to finally have her say, to have a voice. I was hoping someone would help her...This is a powerful story, heartrending but inspiring at the same time. Many people may want to read this book in order to really understand the tremendous courage incest survivors must have in order to survive and to make a new life. The intermittent poetry is piercing and somehow reassuring at the same time. I am grateful that the author shared her true story and her true self with us...Thank you!

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### **Jennifer says**

This book is a powerhouse of emotion. I have read many, many books in my life, but there have been just a small number that I was so drawn to that I had to keep reading without putting them down even once; this is one of those jewels. I was drawn to Viga's story not only by the complete honesty in the sharing of this deep and painful part of her life, but also by her ability to draw me into her story as if I was living her life right along with her. As I read along, I was her. I felt her fear, her loneliness, her powerlessness, and her enslavement to a life she did not want or ask for. The end of the story was so well done, so beautifully complete, I felt honored to have followed in Viga's footsteps for those 291 pages.

Everyone should read this book. And, I mean everyone. Why? You don't have to be a current victim or a survivor of abuse (although I think everyone who falls into those categories would find it very, very helpful). People who have loved ones who are victims and survivors will better understand how to care for them and just plain talk with them after reading this book. And for anyone else, well, you all live in a society where abuse is happening all around you. You don't know it, but it is. You do know someone who is being sexually abused, but you just haven't heard about it. Everyone needs to learn more about child abuse. This book can certainly help with that. What happened to Viga can be happening right now to a child living next door to you. It could be happening in your own family. It could be happening under your own roof. Terrifying, but true. Viga's book does more than tell her own story. It blows the roof wide open on child abuse and why people hide from the shame of it. With beautifully honest books like hers, many broken lives can be healed, rebuilt, and possibly even saved from the horrors of sexual abuse.

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### **Kate Walker says**

#### **Honestly Unforgettable**

You might forget a few of the books you pick up this year. But you won't forget this one. *No Tears For My Father* is a true story of child abuse, written with an honesty almost as unbelievable as the story itself. As I read, I kept wanting this story not to be true. But truth has its own ring that writers of fiction cannot achieve. Author, Viga Boland, tells of thirteen years of her life from childhood to young womanhood, during which time she was abused by her father almost daily. In documenting this time, Viga lays herself bare, nothing withheld, yet no histrionics. There's violence and terror aplenty in this book but the facts are simply owned and plainly told by a courageous heart with no thought of or need for artifice.

I don't doubt the author chose with care which events to include and which to leave out. Still, I believe this is an instance where life has out-performed art. The drama builds from event to event, year to year, with every

dramatic element accounted for, right up to the moment of resolution.

Most compelling for me were the insights the writer brought to bear on her characters. Chapter by chapter, she explores their motives and plumbs their depths, such as the mother's broken spirit and denial. Or was it just a blind eye? The father's twisted logic that justified and sanctioned his every act. From what cauldron was this monster born? There are hints, but who can say definitively?

Upon herself, the author throws open the window on ceaseless inner rages, tugs-of-war between guilt and resentment, hope and despair. Through these inner trials we observe first-hand how a mind struggles to hold onto sanity and a spirit holds onto life. Moreover, how a heart goes on seeking love despite there being so little love in her world.

For me, the most heartrending moments of the narrative occurred around lines such as: 'I was guilty of his sin' and 'It took less courage to stay in hell ... I was a coward'. This book, though about abuse, is about the human spirit and its ability to rise above the abominable and realise its true, shining nature, its never-sullied worth. For others who've suffered the same, this book is a beacon – a promise of healing from one who's made the trek.

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