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*Ariel Leve*

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language:EnglishPDF # 1 8.25 x .97 x 5.50l, .0 #File Name: 0062269453288 pagesAn Abbreviated Life A  
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**Ariel Leve : An Abbreviated Life: A Memoir** before purchasing it in order to gage whether or not it would be worth my time, and all praised An Abbreviated Life: A Memoir:

40 of 40 people found the following review helpful. Riveting, Compulsive Reading of an Adult Shackled by the Trauma of Ongoing Childhood AbuseBy M. JEFFREY MCMAHONThose who have suffered the psychological abuse, and worse, from parents who are narcissists, bipolar, alcoholics, etc., will find Ariel Leve's narrative and analysis of the PTSD-like symptoms she suffers a refreshing take on a familiar subject. Ariel'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 peopl's phone numbers, so she dialed information and accrued monthly phone bills in the hundreds of dollars. Then Ariel's mother would haggle the operators to have the charges rescinded. In other words, Ariel'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 "normal" 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 "altered" (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 lightning (lightning being a metaphor for short-term trauma).Her misshapen brain causes her to cut off emotions by using a "sledgehammer," not a "scalpel," 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 book's title comes from this passage: "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."Leve'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. 27 of 27 people found the following review helpful. An epiphany for anyone emotionally damaged as child....By MMArdoMy childhood experience was not as severe as the author's; however, growing up in a family with emotional instability took its 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. 14 of 14 people found the following review helpful. A perfect expression of the adult ravages of childhood trauma. By Deborah Copaken I have never written a 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.

"Mesmerizing... A portrait of something familiar gone wildly, tragically awry." —The New York Times  
"Sometimes, a child is born to a parent who can't be a parent, and, like a seedling in the shade, has to grow toward a distant sun. Ariel Leve's spare and powerful memoir will remind us that family isn't everything — kindness and nurturing are." —Gloria Steinem  
Ariel Leve grew up in Manhattan with an eccentric mother she describes as "a poet, an artist, a self-appointed troublemaker and attention seeker." Leve learned to become her own parent, taking care of herself and her mother'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 child'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 father's home in South East Asia — an escape that was terminated after he attempted to gain custody. Following the death of a loving caretaker, a succession of replacements raised Leve — 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 a clarity of what was missing. In telling her haunting story, Leve seeks to understand the effects of chronic psychological maltreatment on a child's developing brain, and to discover how to build a life for herself that she never dreamed possible: An unabbreviated life.

"My latest favorite. . . Ariel Leve grew up on Manhattan'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, 'I always wondered how that little girl would survive. I thought her only choices were suicide or murder.' To learn how Leve saved herself, you must read this distressing and inspiring book." —(Elisabeth Egan, The Miami Herald)  
"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 'a long-distance runner through the canyon of childhood' — a modest understatement. An unstinting portrayal of psychological abuse, both insightful and precisely told." —(John Irving)  
"An Abbreviated Life (Harper), an explosive new memoir from acclaimed journalist Ariel Leve, chronicles Leve's dismal childhood under the primary care of her riveting, glamorous, intellectual, and ultimately incredibly destructive mother. . . . In the company of captivating memoirists Mary Karr and Alexandra Fuller." —(Elle)  
"A powerful and frequently devastating account of a childhood without boundaries and dominated by loneliness, chaos and fear. Leve's recollections can be brutal but are made digestible by the elegant sparseness of her prose." —(The Guardian)  
"Mesmerizing... A portrait of something familiar gone wildly, tragically awry." —(New York Times)  
"Leve writes in beautiful, staccato sentences and weaves her own story together masterfully." —(Evening Standard (London))  
"Leve's prose is soulful, cryptic, musing." —(Sheila Weller, New York Observer)  
"Ariel Leve's haunting memoir about life with her unpredictable mother is maddening, devastating and consuming." —(Minnesota Public Radio, "Best Books of 2016")  
"An Abbreviated Life adds a harrowing chapter to the great tragi-comedy called 'We Don't Get To Choose Our Parents.' Ariel Leve's extremely readable memoir is, at its heart, a story about surviving childhood — a trick we must all perform. Even in its raw extremes, her story is a universal one." —(Richard Ford)  
"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." —(Dani Shapiro)  
"Unsparring. . . . riveting and evokes with clarity the emotional turmoil of being subjected to the constant needs of a narcissistic parent." —(Jon Ronson, The Guardian)  
"Leve's powerful story of surviving her brutal childhood demonstrates that contentment can be found." —(Publishers

Weekly)ldquo;A candid rendering of pain and survival.rdqquo; (Kirkus s)ldquo;Leve writes of learning to be constantly on guard, living lquo;an abbreviated life,rsquo; and how she finally found her way out. Hers is an unsentimental tale, both cautionary and heartening.rdqquo; (BBC.com)ldquo;Exquisitely written.rdqquo; (Lynn Barber, The Sunday Times (London))ldquo;Electric reading . . . brave, calm testimony.rdqquo; (The Spectator)From the Back CoverIn 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 Manhattanrsquo;s Upper East Side, which was the setting for raucous parties that attracted New Yorkrsquo;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 and the death of a nurturing caretaker, 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, which eventually necessitated a voyage in secret to the other side of the world. Unflinchingly, and with ferocious candor, Leve trains her writerrsqo;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. The drama of her journey proves to be as exhilarating as it is painful and, ultimately, emancipating. An Abbreviated Life heralds the arrival of a fearless new voice in the literary firmament.About the AuthorAriel Leve is an award-winning journalist who has written for the Guardian, Financial Times Magazine, the Telegraph, the Observer, and the London Sunday Times Magazine, where she was a senior writer and a columnist. At the British Press Awards she was short-listed twice for Interviewer of the Year and Highly Commended twice. Her books include It Could Be Worse, You Could Be Me.

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