

# What My Mother Gave Me: A Memoir of Secrets, Suffering, and Unspeakable Love

My mother was a brilliant woman. She was a gifted artist, a talented musician, and a voracious reader. She could talk about anything, from the latest political scandal to the meaning of life. But she was also a deeply troubled woman. She struggled with depression and anxiety, and she had a difficult relationship with my father. As a child, I witnessed my mother's struggles firsthand. I saw her cry herself to sleep at night, and I watched as she fought with my father. I didn't understand what was going on, but I knew that something was wrong.



## What My Mother Gave Me: Thirty-One Women on the Gifts That Mattered Most by Elizabeth Benedict

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1037 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 306 pages
Lending	: Enabled



As I got older, I began to ask my mother about her past. I wanted to know why she was so unhappy. But she always refused to talk about it. She said that it was too painful, and that she didn't want to burden me with her

problems. I respected my mother's wishes, but I couldn't help but wonder what she was hiding.

After my mother died, I found a box of her old letters. I knew that I shouldn't read them, but I couldn't resist. I needed to know what my mother had been keeping from me. The letters were filled with pain and sadness. My mother wrote about her unhappy childhood, her abusive marriage, and her struggles with mental illness. I learned that my mother had a secret that she had kept from me her entire life. She had been sexually abused by her father.

I was devastated by this revelation. I couldn't believe that my mother had suffered so much. I felt guilty for not knowing about her secret, and I felt angry at my grandfather for what he had done to her. But most of all, I felt sorry for my mother. She had been through so much, and she had never told anyone. She had carried her secret with her for her entire life.

I'm so grateful that I found my mother's letters. They helped me to understand her better, and they helped me to forgive her for the things that she did. I know that my mother loved me, and I know that she did the best she could. She was a flawed human being, but she was also my mother, and I loved her.

*What My Mother Gave Me* is a memoir of secrets, suffering, and unspeakable love. It is a story of a daughter's journey to understand her mother, a woman who was both brilliant and troubled. The book explores the complex relationship between mothers and daughters, and the ways in which our past can shape our present.

If you are a mother, I hope that this book will help you to understand your own daughter better. If you are a daughter, I hope that this book will help you to forgive your mother for the things that she did. And if you are anyone who has ever loved someone who is struggling, I hope that this book will give you hope.

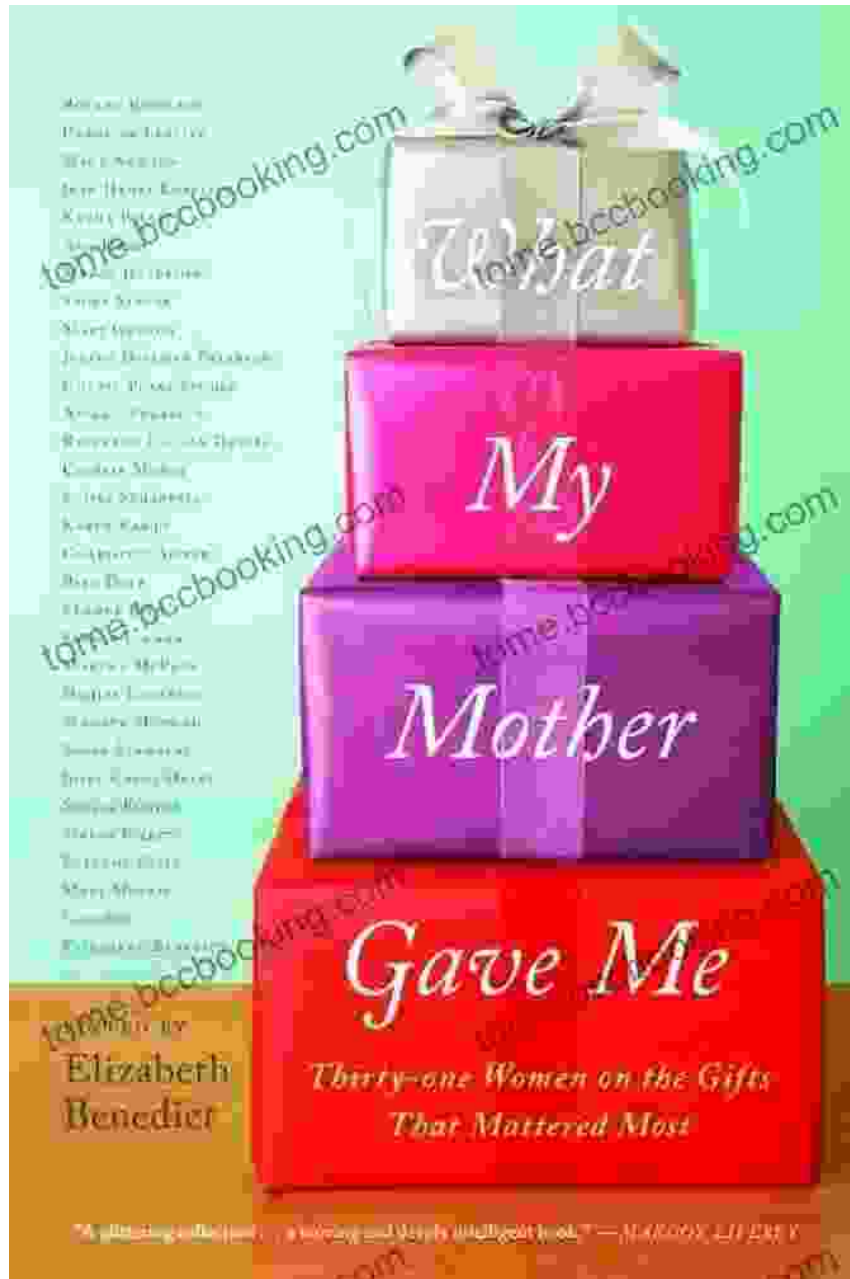
Because even in the darkest of times, love can prevail.

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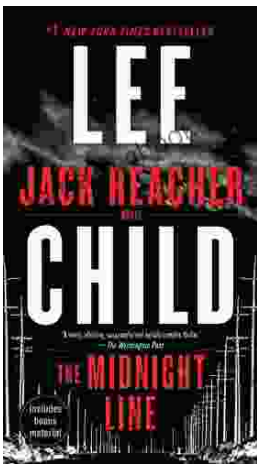
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