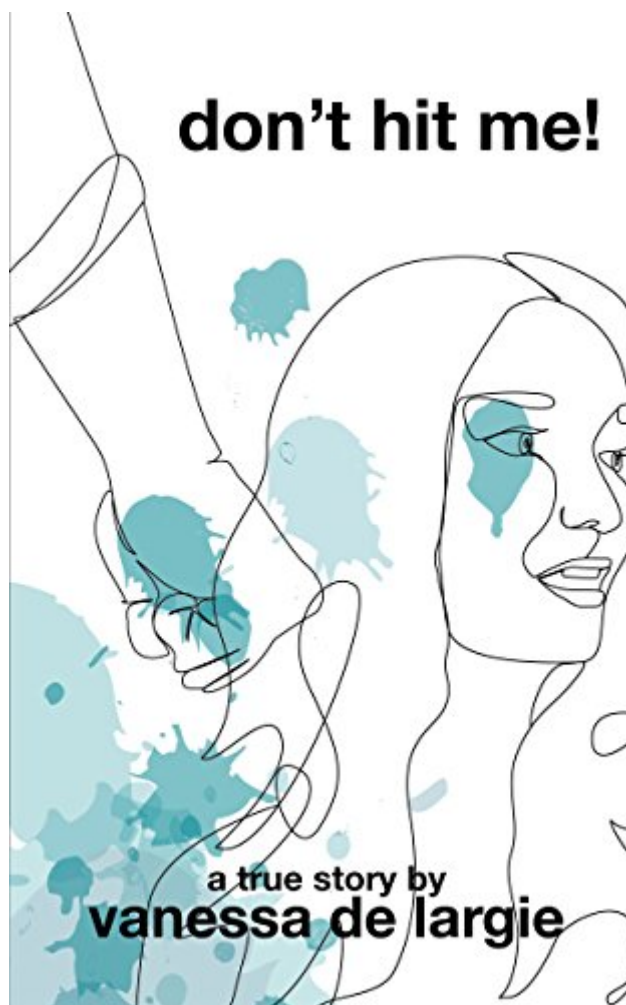


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# Don't Hit Me!



## Synopsis

Australian actress and author Vanessa de Largie is a survivor of domestic violence. *Don't Hit Me!* is the true diarised account of her time living with an abusive man. The story is conveyed through poems, journal entries and fragments of lyrical prose. The book is a snapshot of domestic violence in real time. Raw, poignant and brave - it's a tale that will stay with you.

## Book Information

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## Customer Reviews

One of the most important criteria of good writing, maybe the most important, is that it is real and conveys the truth in a compelling way. This is true of poetry and non-fiction, and both of these literary genres are at work in Vanessa de Largie's "Don't Hit Me!" What is unique about this riveting non-fiction description of domestic abuse is that it is written in poetic form to describe the direct experience of Vanessa de Largie. In fact, this book came undisguised from the author's diary! There is no other example in the literature of domestic violence that expresses so immediately and compellingly the direct experience of the psyche of the abuse victim in the moments she is under attack. There is no attempt to put a chronology or neat, tidy narrative to the author's appalling

experience at the hands of her abusive partner from 2001 to 2003. That is what makes the language so real and vital. Yet it is ultimately a story of redemption because Vanessa de Larcie not only survived this cruel abuse, she was made stronger by it. She has continued to develop and thrive since the abuse as an award-winning actress and best-selling author. So if you want to come as close as possible to what it feels like to be abused, you should buy "Don't Hit Me!" Reading the book is a way of coming to a direct understanding of the experience of being bullied and abused by someone. You will be made stronger by reading it. I highly recommend this book for its honesty, its unique approach to the painful subject of domestic violence, and its poetic power. Raymond Keen - Retired school psychologist and author of "Love Poems for Cannibals"

I was afraid to read this book, because I don't like reading about violence, and I don't like watching movies about it either. A friend recommended this book because it is different, and I am so grateful now that I did read it. "Don't Hit Me" shows you what domestic violence is like from the emotional and psychological view of the victim. This is not a detached description of abuse. It is a first person account from diary entries, which shows the many aspects of an unhealthy relationship where battering a woman is normal. For the first time, I could see what it was like for a woman to somehow remain in a destructive and highly dangerous situation, by her own choice. "Don't Hit Me" is brilliantly written because it is so authentic and touching, thus there is no sense that you are reading at all. You are inside the head of the author as she experiences a wild range of crazy abuses which are more psychologically brutal than graphic. For that reason I am giving it five stars. Reading this book made me want to get involved, to donate time and money to charities that support shelters and counseling for battered women. Readers: this is a call to action book, and should be required reading for girls in High School. Women need to learn early on, and thus know deeply within, that they do have options and can escape abusive relationships before it is too late. Women need education and awareness first, and I applaud Vanessa de Larcie for sharing her story to accomplish this. Next women need healing and wellness, psychological detox if you will, to help them know who they really are and that they are not worthless creatures who are deserving of insanely cruel treatment. This book clearly shows how madness becomes the norm, and that to me is the most frightening realization for the reader, when you see that an abused person cannot see a way out. It is like those old horror movies where we shout at the screen, "leave the house, leave the house!" But this is real, and that is much more frightening for me. This book made me realize how many women need counseling right now to show them a new normal. I now have an awareness of what to

look for, what the tell-tale signs are of a woman living in distress, so I can help. This book will stand the test of time because in addition to being beautifully written, it includes short pieces of poetry. In these poems, the author somehow managed to capture the darkest moments in her life when hope still held out a faint glimmer of light. I am just amazed, and thankful, that the author's abuser did not discover this diary and tear it to pieces. I highly recommend this book, and I thank the author for writing it from the bottom of my heart. My only regret is that I was not there to hold and comfort her when it was all over.

I think what affected me the most about this book is that it's the author's personal account of the domestic violence she experienced first-hand. Its title, "a fragmented journey through domestic violence," is particularly apt. When recalling years of physical, mental and emotional abuse, how can one truly express such horror in a linear fashion? In the end, only fragmented memories remain, disjointed and painful. It's the fragmented nature of this personal account which is the most stirring, the most raw, and the most real. I think this book will ring true for so many who have experienced, or who are experiencing, violence and oppression at the hands of a partner who is supposed to cherish them. And perhaps hearing a fellow victim's account might help them find the courage to free themselves, too. Why else would the author have put her story to paper, if not to send a powerful message to others: you, too, can survive this. I highly recommend this book for everyone - whether they are personally touched by domestic violence, know someone who is, or might one day be.

Very unique book. I liked it but it brought memories of the abuse I went through. But, I got out after less than a year, after three attempts of murder on my life. These men are purely evil...such disgusting people. Never wanted to get married again and absorbed myself in my career. It took a lot of therapy to get rid of my defense mechanisms. I used to just go away mentally when someone got angry or yelled or there was any strife. My mind left and I was absent...now I can function. Abuse is awful to suffer. I am a very strong woman now! Abuse is a form of torture. One never totally gets over it completely. It lingers in the background...thanks for the book!

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