



## **Father's Days: A True Story of Incest**

Katherine Brady

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#### Father's Days: A True Story of Incest Katherine Brady

For ten years Katherine Brady led a double life. Growing up in a small midwestern town, she was the ideal teenager-beauty queen, honor student, and with a boyfriend from one of the town's most elite families. But at home lived another Katherine, her father's own "little girl," unwillingly involved in a secret sexual relationship that left her shamed, isolated, fearful, and emotionally burdened for years. Katherine later married her high school sweetheart and maintained her facade of outward accomplishments-a beautiful home, a career, two children. But her incestuous past still tormented her until, at last, her carefully constructed life began to disintegrate and she was forced to confront the truth, with her family as well as herself. Only then could she start the painful journey toward emotional independence. This is Katherine's deeply personal story of her childhood, her illicit relationship with her father, and her struggle through humiliation, helplessness, and anger to become a whole, mature human being. Her attempts to understand her father as well as herself and the roles each family member played are related with utter honesty and great insight.



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