

Just Fine, Thank You

Growing Up With Family Secrets

THIS IS PART of the *Blood, Sex, and Tears* series written to shed light on the myriad of complex issues facing families where addiction is present. As a little girl growing up in the forties and fifties, I experienced life very differently from young people today. Outhouses, kerosene lamps, horse-drawn wagons, tube radios, and wood-burning stoves were the modern conveniences. The culture was very different with rules and secrets to uphold.

- Children were to be seen and not heard.
- Children must earn their keep.
- Parents or teachers are never wrong, even when they rage.
- Sex is never to be discussed.
- God will punish all wrongdoers, including little children.
- No matter what is happening, or how you are feeling, if someone asks you how you are, the stock answer is, “Just fine, thank you.”

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“... the very last sentence in the engrossing work gives readers a grim hint of what will be revealed in the coming volumes, when young Leite says: ‘I can’t know the danger ahead and the destruction that continues to build for our family’... A vivid and rewarding look at a time and place long gone.” —KIRKUS

“A moving, poignant memoir about love, fear, guilt, and what it’s like for a child to love life and be in emotional pain at the same time.”

—John C. Fried, Ph.D. Licensed Psychologist and *New York Times* Bestselling Author

“These are stories of perseverance - of despair leading to hope. They are stories that help put our own lives and future into perspective.”

—Rev. Doug Diehl, retired United Methodist Elder

“It’s a memoir that ideally will appear not just in the biography section, but on the shelves of psychology readers interested in exploring family dynamics in detail.”

—D. Donovan, Senior Reviewer, *Midwest Book Review*

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AUTHOR BIO



EVELYN LEITE, MHR, LPC, is an author, counselor, and trainer with 28 years of experience in the addictions and mental health fields and highly regarded for her seminars in multicultural counseling and education. She has 8 books on the topics of addiction, codependency, grief, abuse, trauma, recovery. Visit her Amazon page [HERE](#).

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Just Fine, Thank You: Growing Up With Family Secrets

(*Blood, Sex, and Tears*)

Living With Solutions

224 pp.

\$12.95 paperback, \$4.99 e-book

ISBN: 978-1-73-354096-4

December 20, 2019

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213 pages

\$12.95 paperback, \$4.99 e-book

ISBN: 978-1733540988

June 1, 2020