



The Pessary

Juliet M Nevins MD MPA

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“My hard life is to show you the way.” Sophia Mark is a physician and an alcoholic who submits herself to abusive men. She set out on this path of achievement and self-destruction at sixteen, after her mother’s boyfriend began coming to her room at night. Now years later, Sophia is forced to confront her demons when she connects with an elderly patient who has experienced tremendous loss. Debra Little was destined to save this Sophia. Debra grew up in a place and time when women had little value or power. She survived unspeakable violence but she has been burdened with a secret...a secret that when told, has the power to rescue two souls. The Pessary is an intense and poignant novella about the impact of sexual abuse and violence against women. It demonstrates the power of letting go of secrets and of sharing pain in order to heal.

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