

TORN

FROM THE INSIDE OUT



SARA NILES

Torn From The Inside Out By Sara Niles

Robert R. Redfield



Torn From The Inside Out By Sara Niles:

Torn From the Inside Out Sara Niles, 2024-02-19 Extreme Abuse Memoir Malignant Psychopathic Narcissists create warped tools of manipulation and control skillfully gathered from the wreckage of their own childhoods which they will use to sadistically torture and destroy you A violent abuser will win at all costs for what they eventually can no longer control they seek to destroy The legacy of such darkness is chaos and despair and too often death In 1973 when only sixteen years old and freshly baptized as a Jehovah's Witness Sara Niles married such a man in the visage of Thomas Niles The Mask of Sanity which he wore hung loosely for the least disruption revealed the evil behind the mask The surreal world of love and horror of elation and heart breaking despair capable of crushing hopes and dreams is a pain that tears the soul From the Inside Out Malicious Abusers will break not only bones of their victims but their spirit over time in a horrific attempt to dominate and control every facet of their victims lives The nightmare that began in 1973 lasted almost fifteen years but it did not start there Arkansas 1960 On a sunny morning a white haired eighty year old man walked up a steep hill deep in the countryside of Southern Arkansas and walked away with a three and one half year old little dirty girl child riding high atop his shoulders holding tightly onto the old man's bald head The little girl was scared hungry as always and she had no idea of the home she was going to The little girl had been given away by her biological mother to an elderly Great uncle the brother of her maternal grandmother That little girl was Me Sara Niles I lived a fairytale life on the Flower Bed of Eden at least that is how it all began Fast Forward February 13 1987 I am going to kill you DEAD screamed my husband and father of my five children Thomas Niles as I flew down the stairs of the townhouse two steps at a time running for my life Domestic Violence homicide had taken the lives of two local ladies that I knew well only a few years earlier murdered by their long time husbands each much like mine I was about to suffer the same fate I was going to die that night I knew it as the thunder storm raged outside a worse storm raged inside Every life carries a tale a backstory of origins choices successes and failures for a life is no small thing to live some lives are smooth like paved roads while others are bumpy and fraught with danger An unconventional life one without the prerequisite cushions of predictability and stability is especially fraught with dangers as was mine The crisis created by unforeseeable events and circumstances as biblically stated Time and unforeseen occurrences befall them all befell me more times than I could count I lived a dangerous life with a dangerous barely escaping with my life Sara Niles From the Garden of Eden straight into Hell In 1973 Sara married Thomas Niles which negatively altered the outcome of Sara Niles' life Saved from trauma as a child nurtured and trained in sound moral principles by loving relatives nothing prepared Sara for life with Thomas Niles The Fairy tale wedding in a Jehovah's Witness Kingdom hall packed to the four walls soon became a prolonged nightmare in which the hopes and dreams of a talented child were singularly shelved in favor of survival The Storm that ignited as an innocent marriage before man and God would last awhile because unbeknown to Sara she had married a monster in disguise I am a different Sara Niles than the young girl of my long gone youth I have the insight young

Sara never had and I am much wiser and stronger than the infatuated young girl that I once was I will be your narrator as you journey with me across time and space back to where it all began The Journey Sara Niles, 2024-02-20 Torn From the Inside Out is the true story of Sara Niles's escape and disappearance with her five children in 1987 The JOURNEY is the rest of the story covering the decades long saga of the Niles Family It is estimated that up to seventy percent of people in the world have suffered varying degrees of family dysfunction yet people rarely speak of it Secrecy and denial aid in the perpetuation of dysfunction The Journey tells the stark truth sometimes leaving in only a new beginning We left our whole world behind and fled with nothing yet the children never even once asked Why When a Raging Fire strikes a home in the middle of the night everyone flees the home with no regard for possessions no grabbing of personal belongings because every second counts In most cases there are family and friends co workers and others standing by to help In 1987 we fled from a different type of Fire a would be killer who promised to erase us from the earth The Niles Family would embark on a lifelong Journey of Reparation and searches for Resolution February 13 1987 Southern Arkansas After fleeing through three states my children and I thought we had broken free and were safe The looking over our shoulder was finally over we were free to rebuild our lives and create happy futures Thomas Niles had been the problem the dark shadow in all my children's lives he was the antithesis of what was right the antithesis of all I stood for Once Thomas Niles was out of our lives I believed the trauma and tragedy would be over but I was wrong A family is a small government a society a system a school in which children are being educated in functional behavior or they are being conditioned in dysfunctional patterns Danger and Damage is not always a visible monster sometimes it never materializes it only floats about inside the heads of the abused like a psychotic ghost People who learn to be afraid in their childhoods and who become stuck in fear for too long albeit for real true and good reasons sometimes never learn to let go of those fears The trauma of childhood becomes the monsters of adulthood Note Serious subject matter that may be triggering for individuals with raw issues **Torn from the Inside Out**

Sara Niles, Josephine Thompson, 2011-10-23 Literary Narrative Nonfiction This is the old edition of Torn From the Inside Out *The Torn Trilogy* Sara Niles, 2011-10-20 The Torn Trilogy covers over half a century beginning with Torn From the Inside Out Sara Niles's story of being forced to disappear with her five children in order to escape a sure death as a domestic violence homicide at the hands of a maniacal psychopath Torn From the Inside Out is a memoir written in a compelling literary narrative style that is unprecedented in the realm of literary narrative nonfiction Using powerful literary symbolisms and metaphors well developed characterizations and powerful emotional impact The Torn series takes the reader on the journey of a lifetime Each book in The Torn Trilogy can be read more than once as the levels of insight woven into the social realities are layered The writing is an easy flow of classic style laced with metaphors anchored with time centered historical happenings brought home to the reader by a powerful appeal to the heart and soul Sara Niles invites the reader to go on the literary and emotional journey that eventually covers five decades and two generations as it culminates with the completion

of the third part of the trilogy *Out of the Maelstrom* With volume I of *The Torn Trilogy Torn From the Inside Out* Sara Niles invites the reader to Let the Journey Begin to take the incredible journey of life into the depths of despair and the heights of ecstasy cross the valleys of human pain and climb mountains of triumph as we celebrate a power greater than death itself the power of the human spirit under fire Let the Journey Begin Sara Niles **Torn from the Inside Out** Sara Niles,2016-09-14

During a cold February thunderstorm in the dark of night Sara Niles fled for her life with her five children in tow forced to disappear in order to stay alive *Torn From the Inside Out* is a true story of extreme domestic violence and family dysfunction that begins with the heroic intervention of an 83 year old uncle when Sara Niles was a 3 1 2 year old child living in a perilous climate Sara s great great Uncle Robert saves her and takes her home to live on a beautiful paradisiac farm to live with he and his childless wife Sara s Aunt Molly Set in the Rural South during a time of racial conflict Sara begins her life racially mixed half White and half Black during the late 1950 s The story fast forwards as the wonderful life provided by Sara s aged uncle and aunt falls apart leaving Sara vulnerable to the advances of Vietnam Veteran Thomas Niles whom she marries when only sixteen years old Niles is a violent and abusive man given to sudden rages and fits of mood that were entirely foreign to Sara True to Sara s optimistic spirit Sara attempts to help Thomas Niles conquer his demons while hoping and wishing for better times and enduring abuse Sara eventually comes to the realization Thomas Niles is a killer who promises to kill her and every one of those children if she tried to leave him *Torn From the Inside Out* probes the depth of human behavior to the root of existence as it emotionally traverses the soil of our hearts and souls Human relationships from early childhood through adulthood color our views of selves and the world around us Our pasts are what make us what we are It is the pain that is experienced through during life that makes us wise in hindsight illuminating the past with new light It is through the lens of life that Sara tells her story I am the hungry little girl who sat in the sand over fifty years ago waiting to be rescued by an ancient old man I am Sara Niles and this is my story **Torn from the Inside Out** Sara Niles,Josephine Thompson,2014-03-03

Domestic Violence Narrative Memoir During a cold unseasonal February thunderstorm in 1987 Sara Niles was forced to flee for her life from a violent and abusive husband with five small children in tow Thomas Niles was an obsessed homicidal psychopath intent of killing Sara and his own children rather than let them go The story of Sara Niles is more than one woman s story it is the untold story of thousands of victims of domestic violence who did not survive From the author In the process of my evolution I became a victim of domestic war an emotional casualty for a major portion of my life entwined entrapped and emotionally involved until I learned how to become free Freedom has never been easily gained and has often come at high cost throughout history but one thing I will always know is freedom is worth every fight and all pain In every life there is a timeless and unforgettable minute or day that will be forever etched into our mind s memory I have unforgettable memories that are so vivid that I see them in Technicolor and I hear them with surround sound Long after I am dead I believe I will remember Two of those memories were the days of my escape to freedom twiceCelebrate the power of

the human spirit under fire Torn From the Inside Out by Sara Niles Excerpt from chapter one Thunder rattled the window panes two stories high and lightning split the sky it was as if the whole world was in turmoil that night My nerves were keyed up as tight as piano strings and in a sudden moment of stillness and silence it felt as though my heartbeat was amplified ten times over He was over a hundred pounds greater than I and nearly a foot taller than I and I knew he could move his muscled body into unbelievable sprints Rain started falling in torrents as the storm raged outside I was not afraid of the storms of nature it was the storm inside this night that I knew I might not survive February 13th 1987 the night of Sara Niles disappeared with her five small children

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Epilogue Sample chapter of The Journey by Sa **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 **Niles' Weekly Register** ,1837 Containing political historical geographical scientific statistical economical and biographical documents essays and facts together with notices of the arts and manu factures and a record of the events of the times **Niles' National Register** Hezekiah Niles, William Ogden Niles, Jeremiah Hughes, George Beatty, 1814 Niles' National Register ,1849 *Niles' Weekly Register* ... Hezekiah Niles, 1814 Niles' National Register ,1969 **American Film** ,1988 **Ripper** David L. Golemon, 2012-07-17 A deadly secret from the past resurfaces in this heart pounding thriller from New York Times bestselling author David Golemon In 1887 brilliant American professor Lawrence Ambrose was contracted by the British Empire to create a mutant gene that would turn ordinary people into aggressive fighting machines But when a streak of vicious murders was linked back to Ambrose a massive cover up was ordered by Queen Victoria to terminate the project and Ambrose himself Thus the legend of Jack the Ripper was born The killings stopped as suddenly as they had begun but not because Ambrose was caught He escaped back to America where he and his formula faded into history But in 2012 a raid against a Mexican drug lord uncovers a cache of antiquated notebooks containing the long buried instructions to create blind killers out of normal men Enter the Event Group and Col Jack Collins desperate to stop one of their most feared enemies When the formula is unleashed in the underground halls of the Event Group complex itself brother will battle brother and they will understand the true meaning of fear In this next heart stopping

installment of the New York Times bestselling Event Group series Ripper takes readers to new levels of suspense in a non stop thrill ride where death could be hiding around any corner Out of the Maelstrom Sara Niles, Josephine Thompson, 2011-10-22 Out of the Maelstrom is the third book of The Torn Trilogy Over sixteen years in the making Literary Narrative Nonfiction literary human drama The Torn Trilogy covers over half a century beginning with Torn From the Inside Out Sara Nile s story of being forced to disappear with her five children in order to escape a sure death as a domestic violence homicide at the hands of a maniacal psychopath The Journey continues the unforgettable story of the children of Torn and their desperate struggles for survival as they fight to overcome traumatic burdens placed upon them by an unfair childhood in effect having to slay the mysterious three headed monster Out of the Maelstrom completes the Incredible Journey of a Lifetime as the depth and breadth of the trilogy deepens covering a decade in which Sara Niles worked in the heart of domestic violence as a counselor and trainer coming face to face with a full range of domestic violence victims and hundreds of perpetrators Out of the Maelstrom written in the same flowing literary narrative reveals the personal side of a problem that exists the world over and has become a quiet epidemic in America that disrupts the tide of family life Sara Niles and her family have completed the circle with the final trilogy and like the mountain climber who trains for a lifetime for the final ascent of the most difficult climb of all Sara invites The Reader once more to take the incredible journey of life the final climb to the highest peak the grand finale of Torn From the Inside Out as we have traveled through the vortex of the storm into the heart of the maelstrom and out again the final climb takes us out of the raging inferno of life Out of the Maelstrom Let the Journey Begin **The Cultivator & Country Gentleman** ,1883 Report of the Secretary of War, which Accompanied the Annual Message of the President of the United States, to Both Houses of the ... Congress ,1881 *Ted Shawn* Paul A. Scolieri, 2020 In January 1969 just months before the Stonewall Riots Ted Shawn 1891 1972 wanted to tell a story about how his life writings and dances contributed to the rapidly evolving gay liberation movement around him Shawn died before he was able to put forth a candid account about how he the Father of American Dance was homosexual but he scrupulously archived his correspondence diaries photographs and motion pictures of his dances anticipating that the full significance of his choreography would reveal itself in time Ted Shawn His Life Writings and Dances tells that story **History of Clinton and Franklin Counties, New York** Duane Hamilton Hurd, 1880 Iron Age and Hardware, Iron and Industrial Reporter ,1894

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