

POCKET OF PAIN

BY LADYWARFIELD

Pocket of Pain is a coming-of-age story that takes place in a world of '80s popular culture, music, and fashion. As her parent's marriage falls apart, Suzanne escapes into a relationship with a boy who is five years older and ends up being more controlling than her father.

She escapes Northern Virginia and her controlling boyfriend, for college, and submerges herself in the Richmond punk rock scene. Ultimately, a dark secret from the past surfaces, and she is forced to take another hard look at the relationship that she thought was over before she can finally leave the past behind.

Pocket of Pain offers a message for all young women. For those of us who experienced gaslighting and abuse, it's an important conversation piece and a reminder that we are not alone. While heartbreaking at times, it also shows the resilience and optimism that this young girl always held on to. Through her story, we get to experience her journey as she takes you through the euphoria of her quest to find happiness.

LADYWARFIELD is a debut Author, Milliner, Artist, Web & Print Designer, Yoga Teacher, Mother and aspiring Audiobook Narrator. Stay tuned for her upcoming podcast: *Bedtime Stories with LadyWarfield*.

READER REVIEWS...

"LadyWarfield's candid storytelling offers readers relentless optimism in the face of harrowing times. Her narrative exudes strength." —Jen Knox, author of *We Arrive Uninvited*

"LadyWarfield's writing is thoroughly engaging and deeply reflective as she narrates her teenage adventures and life experiences. "Pocket of Pain" is a must read!" —Nadine Schwartz, Producer/Director Kamafilms

"Throughout the book, the author skillfully weaves together her personal growth with the broader cultural and social context of the punk era. The music, fashion, and rebellious spirit of the time are vividly brought to life, immersing readers in an era of unconventional beauty and self-expression. LadyWarfield's attention to detail and authentic portrayal of the punk subculture add depth and richness to the story, making it feel both personal and universal." — Barbara Clark, Executive Coach

"I am invested in the story like I am binge-watching a show! Truly so good with such heart. I highly recommend this book! It reads like fiction in the best possible way! Love Love Love!" — Brandy Knight, 4 time International Best Selling author and winner of the International Impact Award.



"A Punk Odyssey of Resilience and Redemption - A Captivating Tale of Triumph Amidst Turmoil"

For immediate release:

POCKET OF PAIN
by LADYWARFIELD

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Reviewed by Stephanie Elizabeth Long
for Reader Views (09/2023)

5*-A Story of Transformation and Survival



In this coming-of-age memoir, sixteen-year-old Suzanne candidly shares the ups and downs of navigating her teen years, including her tumultuous home life living with her verbally abusive father, the inevitable divorce between her parents, and enduring a toxic relationship that stripped her of her confidence. Desperately seeking love and belonging, Suzanne gets mixed up with Steve, a seemingly sweet older boy who makes her feel special. But she quickly realizes that beneath that handsome exterior is an angry, possessive predator, wanting to claim her as his property.

She knows she needs to break free of Steve's proverbial shackles that bound her, but even moving away for college cannot shake his looming presence, nor the shocking secret that is unearthed.

"Pocket of Pain" by LadyWarfield is an exceptional memoir—poignant yet incredibly inspirational—about a young woman who endures gaslighting and abuse but eventually finds the courage to leave it all behind. Set in rural Virginia during the early to mid-80s, the author regaled me with new-wave nostalgia and bold fashion reminiscent of the era. Like many teens, music played an essential role in Suzanne's evolution; classic rock and new punk bands created the soundtrack to the moving coming-of-age book.

While I would recommend this book to anyone, it would resonate most with women, particularly those who are/ have been in an emotionally abusive relationship. The author expertly illustrated the loss of identity one experiences when controlled by a relentless narcissist. Suzanne's friendships became strained, and her interest in anything beyond Steve dissipated as he forcefully made her world smaller, making it all about him. LadyWarfield also addressed how toxic relationships are often cyclical and passed down generationally. Suzanne's father was a miserable tyrant who controlled the family through fear. Because she grew accustomed to this dysfunctional existence, she was drawn to Steve, who had many of the same qualities as her father.

"Pocket of Pain" profoundly impacted me - not just because it reminded me of being young and navigating toxic relationships, but because Suzanne's evolution was mesmerizing. It was hard to believe that the book only spanned a few years; the lessons she learned that led to her empowerment seemed like decades. From a young people-pleaser, desperate to be loved by a poisonous manipulator, to a feisty punk-rocker who won't take flak from anyone, I read the final page feeling awe-inspired by her journey. Suzanne's transformation has forever left an imprint on my heart.

Ladies, you do not want to miss out on this powerful memoir! LadyWarfield has taken 80s nostalgia and weaved it into a timeless tale of young transformation. Suzanne's story is an emotional rollercoaster, but one I'd ride again and again. She proves to readers that we all have the strength to persevere when it feels like the world is closing in—five stars for this root-worthy story of survival.