



# The Monster That Ate My Mommy

*Jessica Aiken-Hall*

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## **The Monster That Ate My Mommy** Jessica Aiken-Hall

Mothers are supposed to love their children unconditionally, but what if they can't? "Your own mother doesn't love you—what makes you think anyone else will?" These words haunted the author and affected every decision she made. If she wasn't good enough for her mother's love, what was she worthy of? In *The Monster That Ate My Mommy*, Jessica Aiken-Hall takes the reader on her quest to find love and uncover the root of her suffering. In this courageous memoir, we learn the importance of love and belonging, and the price paid when it's out of reach. "This is one of the most moving and brave memoirs I have ever read—on par with *The Liar's Club* (Mary Karr) and *The Glass Castle* (Jeannette Walls). I was sucked in from the first sentence and remained riveted throughout. Aiken-Hall's raw exploration and recounting of highly traumatic life events is tempered with the gentleness of hope and the strength of perseverance. This is a book of extreme importance in the canon of women's memoir. Read it for the compelling story of survival: savor it for its lessons of grace and resilience." —Sarah Felix Burns author of *Jackfish*, *The Vanishing Village*

## **The Monster That Ate My Mommy Details**

Date : Published September 7th 2017 by Moonlit Madness Press

ISBN :

Author : Jessica Aiken-Hall

Format : Kindle Edition

Genre : Nonfiction, Autobiography, Memoir

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## From Reader Review The Monster That Ate My Mommy for online ebook

### Andrea says

This is a hard review to write. On one hand, giving 5 stars is the easiest to do but on the other hand I feel that giving stars to a memoir as powerful as this one, doesn't fit. I have honestly never read anything so poignant, so raw and heartbreaking. So many times I wanted to reach out to Jess and did hold my own kids that bit tighter in my arms. An amazing book, fantastically written and such an eye opener to real live out there. Definitely recommend it!!! Definitely!

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### Debi says

The Monster That Ate My Mommy by Jessica Aiken-Hall

#### 5 Awesomely Amazing Heartbreaking Stars

I am an avid reader and have read since I was very young, I'm not so young anymore and can confidently say I've read more books in my lifetime than most normal readers that read for pleasure. I without even a second thought can say that there is not another book I've read that has touched me the way this book has. This author has taken a heartbreaking story and filled it with so much courage and hope making me feel so many emotions while reading it that I've had to take a few hours to sit and get my thoughts together before being able to even think of writing this review.

I am in complete awe of this author. The strength and courage it had to have taken to write this and while writing having to relive it all is far beyond my thought process. What is also beyond what I can imagine is that this is real, and is happening right now all over the world, this author proves that it can be happening right next door to us and we have no clue.

She is a brave survivor. Ive wanted to meet many authors in person but never as much as I'd love to meet this one if only to lay my eyes on such strength and beauty. I absolutely loved how this book was written, the words formed her emotions even when those emotions were hard to feel.

I truly just don't know what else to say, reviewing this book feels wrong because this wasn't just a book, this was a life put into words brilliantly!! I will recommend to every person I know that they read this story!!

Have followed this author and will one click anything and everything.

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### Emma Yarnell says

What a journey. An emotional roller coaster for sure!

I can through my time studying and through some past experiences, relate to this story, especially to her relationship with her Gram and there are quite a few times that I had to stop reading and wipe the tears form

my eyes. It is lovely to read a memoir that despite being harrowing and brutal at times, is beautiful and grounding. I praise Jessica for being brave enough to share her story in a way that isn't a woe-is-me tell-all. I've read a few of them and it really puts me off. sometimes I feel like they are just milking the cash cow trend that appears to be shocking autobiographies of abuse and neglect, but this isn't like that. This book is incredible. It is a stunning recollection of memories told with compassion and empathy. The personal growth is astounding to see and the way it shows the harrowing effects of mental health and depression is brilliant. I do think you need to be in the right head space to read a book like this, but it's well worth it. A story that stays with you long after you've read it, for all the right reasons. Now that's a book worth reading!

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### **Della Rainey says**

The Monster That Ate My Mommy is an extremely powerful read that will stay with me for a while. It's raw, heartbreaking and filled with horrendous betrayal but also shows a great amount of hope. Many times I wanted to reach into the story to help and rescue Jessica, Peter, Kate and Ruby. I adored the relationship between Jessica and her Gram; their warmth, love and commitment to each other poured from the pages. The book had me gripped from the very first sentence and didn't let go of me until the very end.

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### **Viga Boland says**

When it comes to memoirs, there's one thing writers need to remember: people love happy endings, especially when the writer's life has been filled with struggle and heartache, as was Jessica Aiken-Hall's life in *The Monster That Ate My Mommy*. That monster nearly finished off Jessica too as she spent the years from early childhood into adulthood searching, in all the wrong places and with the wrong people, for the love she wasn't getting from her mother.

Typical of abused children, Jessica was desperately lonely and desperate for love. The only person through most of those years who showed her true love was her grandma. But Gram's love wasn't enough to sustain Jessica. She hooked up with several men, even when her gut told her it wasn't a good idea, because her mother's rejection made her doubt that she was worthy of love. She made a lot of bad choices and decisions along the way. But ultimately, as readers of Jessica's story hope, Jessica finds the strength she needs inside herself as she raises her three children, and life finally brings the right person her way. Today, Jessica Aiken-Hall is a social worker and Reiki master, focused on helping others heal as she did. This is the happy ending readers look for in memoirs.

*The Monster That Ate My Mommy* by Jessica Aiken-Hall is an easy to read book in terms of language and style, but may be triggering for others who have suffered domestic, sexual or physical abuse. But we need books like this, written by those who understand what it's like to feel unloved and unworthy through no fault of their own. Jessica Aiken-Hall was one of those. *The Monster That Ate My Mommy* should enjoy a wide readership as there are so many others who will identify with Jessica and her story.

Review by Viga Boland, author & book reviewer at <http://www.vianvi.com/about>

No Tears for My Father: A true story of incest

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## **Elizabeth says**

The Monster that Ate my Mommy was really hard for me to read. Not because its a bad book, but because it was so emotional. It is a memoir written by Jessica Aiken-Hall, and the things she had to experience as a young child are awful! It was probably pretty therapeutic for the author to share her story, and get things off her chest finally. She experienced things no child should EVER have to live through, and it seemed like her life would never get better. The pain I felt for Jessie was overwhelming at times. It was well written, and kept me wanting to read. I kept thinking, things HAD to get better at some point, right? He life cant surely be this horrible forever? Maybe there is a rainbow after the storm? I liked the insight the story gave, as to why people seek love and attention, even when it is negative. You can see how the past affected her, and wormed itself into all aspects of her life and every decision she made. Love is something people need to survive, and long for, and will do what it takes to feel loved, including often ignoring the bad, and accepting it as your norm. I recommend this book to anyone with a strong heart and caution readers at the same time, as there are a lot of triggers, making the book hard, maybe even impossible to read, for those who have lived emotional, physical and sexual abuse. The book was very well written, and earns a 5 star review, however, Im not sure I could read something by the author again, as it was a little heavy for me. If she has lighter work, the I would consider. I liked her style, just the content was hard to get through, as it was heartbreaking

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## **Emma Morreale says**

I haven't been this emotionally moved by a book since I read A Child Called It. I kept wanting to tell myself that this was a work of fiction because it's heartbreaking to know that someone went through all of this but I realized that thinking like that would be an injustice to the author and everyone else who has gone through any type of abuse. It amazes me that Jessica Aiken-Hall lived through probably the most horrible experiences I can even imagine and more and yet still had the courage to put it into a book. Even the thought that anyone in the world could read my secrets would be enough to keep me from publishing or even writing. She truly is a woman who possesses bravery on a level few can comprehend and I commend her for that. Everyone needs to read this book. It sheds light on the horrors children can go through and how it affects the rest of their lives. This book gives a clear picture of victim blaming and how shame can keep those who have been abused from ever saying anything especially if the abuse occurs at the hands of a family member. This needs to be required reading for everybody. Maybe if people understood abuse from the victims side, our world would be a better place and abusers wouldn't be given a pass because of how they portray themselves when they know they are being watched.

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## **E.A. says**

The Monster That Ate My Mommy by Jessica Aiken-Hall was an emotional rollercoaster. I'm in tears right now, and they keep flowing as I write my review.

This is heart-wrenching, and triggering. I've never read a story quite like it, as they say, nothing can replace real life. I wanted to be there, I wanted to help. How do you review something, real. I can tell you all about the masterful writing, the steady way that tone flowed and how even though Jess starts as a child, the writing mimics that. It grows with Jess right until she's an adult. It's seamless and keeps the heavy impacted.

I read this book in one sitting, I couldn't stop, It latched onto my heart and I had to know, everything, no matter how painful. I could feel the raw emotions that Jess put into opening up, to ripping open those

wounds. She's strong, brave, and a true superwoman.

This is a book that needs to be read by everyone, it's a inside look behind those close doors, that we have often been told not to look behind. I felt so much, mostly anger. I wanted Jess to see how she was wort it, that her life was wort something. It's a hard thing, to not judge, and I found myself doing that. Why would she stay? Why won't she tell? As I read on, I got to be more in her headspace, and understand the emotional brainwashing, and how it wasn't that simple. My eyes are opened.

Jess, you are a hero.

Read with care and without judgement.

*"With love comes strength to continue on"*

-E.A. Walsh

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### **Jana says**

Jessica Aiken-Hall's memoir The Monster That Ate My Mommy hit home on many levels, it was published on my birthday and like the writer, I have used Reiki to heal myself ... It is one of the most heart breaking stories I have ever read and there is no hiding from the realities that she lived and survived ... from one survivor to another ... Thank you for sharing your story as it gives us all hope that there is light after the darkness and we are all deserving of it ...

Do NOT read this book in the public, people will think there is something wrong with you as you will sob through the whole book, be prepared with couple of boxes of Kleenex and give yourself time to spend with this story of an incredible woman who lived through the horrors that most of us cannot even imagine and who still has the capacity for forgiveness. You will admire her for her determination to find her way and 'fix' herself ...

There are so many triggers in this story but I also think that it might be of a great help to someone who is triggered by them. Give yourself time to read and take the steps to the safety and please, remember, you are not alone! The Monster That Ate My Mommy will stay with you for a long time and possibly, it will never let you go! Jessica Aiken-Hall, you are our hero!

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### **Anna says**

This was a tough one for me. I don't usually read memoirs and I struggled a little with the format and not reading it as fiction. Even though I really wanted it to be fiction at times. It is a cruel, heartbreaking and brave story she tells, and the language follows her own age in a convincing manner. That also allows the reader to follow her reasoning and grow with her, which was so powerful it caught me a little off guard.

So, read with care. It'll change the way you look at people. You'll face strangers with more love and compassion and ask braver questions.

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## **Elissa says**

This story was one that took the reader down a road that many people do not see or at least choose not to see. I have seen depression and experienced it myself to a degree. However, nothing that compares to the events that happened throughout this story. It is truly courageous that the author was willing to share her story in this way, with no holding back. As you read you will go through many emotions and a very strong emotion of anger. The problem is, as people from the outside reading about it after the fact, makes it a little easier to swallow at the time. However, so many kids are going through this right now and either people choose not to see it, or in some rare occasions the ones involved are extremely good at hiding it. I really love how the author starts the story as she is being born. Throughout the whole story you get a sense of her growing up, even in the way she is writing and telling the story; it all just grows along with her age. It is an easy read in the sense of sitting down and wanting to get through it all at once. I like books that let you do that ever know and then. I think this book should be read by everyone. Depression is something America is really struggling with and more should be done when it can be.

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## **Liz says**

Every now and then we stumble amongst a rare gem; that is full of boundless words, life changing lessons, moving and emotional, gut wrenching accurate accounts of living with a disease that is so difficult, and so much more... This beautiful and tragic story is one of those rare gems. I really took a day to think on this one before writing my review. This book left me in tears and a bit shaken for so many reasons, both personal and because I simply wanted to reach in and help Jessie so, so, so, many times, and I couldn't I was helpless. And I have been there, as a person who has suffered depression and a person who has been one who has wanted to help a child suffering abuse and have been caught up with legal b.s. with state laws and more. IT IS HARD, ALL OF IT! I love that Jessica Aiken-Hall so beautifully, and honestly, and I mean she really does not hold back so please be aware there may be some triggers in this book for some readers, just pours out the whole truth. She holds nothing back. I can't even begin to imagine what that took to sit down and write that all out and then publish that into a book. What I can say though is I am grateful. I know it was healing for me as a reader. I will be purchasing more copies and giving them out to family this that I know will benefit from it as well. Depression is not a subject that we talk about enough openly and she so brazenly shares her battle and her mother's, it really was an eye opener. I can't say enough good things about this book. Just stock up the box of Kleenex's and grab a blanket, I can promise you won't want to put it down till you know how she gets from the very beginning of life to where she is now. And it is one hell of a journey.

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## **Jennifer Gilmour says**

I cannot commend the author enough. Jessica is an inspiration to many, she is brutally honest about what happened to her and she doesn't shy away from the reality of child abuse or domestic abuse. It took a little longer to read than expected and I can imagine for others it would take a while because of the content, but Jessica has thought about this and her chapters are short so you can take it in smaller chunks.

This is a must read and will open your eye's to what really happens behind closed doors. It could be used to educate those who don't have an understanding on the pressure's victims are put under in those abusive situations. Jessica was honest about the process of her recovery and that it is not just as simple as a few therapy sessions but it takes time, time to even realise what exactly made an impact on your life and what to recover from.

I would have liked to have read a paragraph or two at the end to see where Jessica is now, there is a snippet

of information about the author but I felt I wanted more of a personal note or perhaps even a direct message from the author. This is probably because I related to Jessica's emotions and situation at times. Thank you once again for speaking out against this insidious behaviour.

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### **Susan Angela Wallace says**

The monster that ate my mother by Jessica aitken-hall.  
Jessie and peter are in a family who abuse and are violent. They are loved but they don't feel loved. This was a emotional read. I really felt for Jessie and what she went through. A really good read. A moving and heartwrenching read. 5\*.

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### **Angela says**

5 Stars

“...the fear consumed me and led me down the path to be wary of others. It taught me no matter how much love I could give another person, it might never be enough to save him or her from themselves or make them love me back. A painful and difficult reality to face at three years of age—but it was only the first in my journey through mental illness, grief, and loss.”

The Monster That Ate My Mommy is a heart-wrenching memoir by Jessica Aiken-Hall. It is a personal portrait of the authors experience of abuse. I knew going into this book, that reading it would wreck me, and it did. I sobbed my heart out- and my heart broke for Ms. Aiken-Hall had had to endure. Her story is disturbing, raw, emotional, gritty, insightful and entirely moving.

I applaud Ms. Aiken-Hall for her bravery and the strength that it would have taken to share such a personal and harrowing story with the world. But, as I come away from this book I am left with admiration for the author, hers is a true tale of survival and I am awed by her determination to not allow her experiences to define who she is.

This story really deserves to be heard, you really should read it for yourself, but be prepared to run through a gauntlet of emotions as this story unfolds- and make sure you have tissues close by.

Thank you, Ms. Aiken-Hall, for sharing your story!

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