



# The Girl Behind the Painted Smile: My battle with the bottle

*Catherine Lockwood*

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This version is now retired and has been republished - you will find the new edition on this page.

\*Contains non-religion-based 12 steps\*

\*Contains strong language\*

Cathy's life is spiralling out of control. Deeply scarred by a childhood of maternal neglect, she attempts to find solace in self-harm and delinquent behaviour. Before long, she is addicted to alcohol.

Hidden behind a painted smile, Cathy begins a promising career as an actress and model, rubbing shoulders with royalty and the rich and famous. But Cathy is her own worst enemy and her continued dependence on alcohol hurtles her down a path of self-destruction. She endures a string of abusive, often horrific relationships, anorexia, poverty and almost loses her children.

In this harrowing true story, Cathy never loses her sense of humour and is determined to win the battle with the

## The Girl Behind the Painted Smile: My battle with the bottle Details

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Author : Catherine Lockwood

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**Catherine Lockwood**

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## From Reader Review The Girl Behind the Painted Smile: My battle with the bottle for online ebook

### **K.A. Angliss says**

Catherine's story is so well-written it feels like she's sitting in your living room, telling you about her life, drawing you in further and making this book addictive. Often I would say to myself, just one more chapter...only to do the same as I closed into the final words of the chapter I was reading.

It broke my heart hearing about her childhood, an apathetic mother who threw around careless comments to Catherine and her sisters as well as neglected their wellbeing. Although a class clown in her teenage years she spiralled into an adolescence of self-harming, anorexia, depression and panic attacks.

I found it fascinating she worked with Vincent Price and Jack Nicholson on some films I love as well as Michael Caine, Dustin Hoffman and John Hurt to name a few! To follow her on her road to fame as a model, TV extra and even stuntwoman was fascinating...she even had a "ball-bag" incident with Russell Brand! I find it a crying shame she never got her big break (though not through lack of talent or determination, just a few unlucky moments.)

Although she outlines sad events she injects a wicked sense of humour in her narration and I often found myself laughing out loud with her witty remarks.

As the book progresses to hear about her suffering from the troubled men in her life was hard and it broke my heart reading about the unnecessary pain she was put through. You want to keep reading, to make sure she'll be ok in the end. Despite many around her bringing her down she always tried her best and the love for her children is undeniable. She accepts blame for her actions when drinking and has an honesty in her writing many would be scared to express.

Near the end there's a chapter through the eyes of her daughter which was a great addition, if a little sad to hear. I feel this is quite important though, if alcoholics read this book. I think it could be a good wake-up call, to hear it from their children's side and thought this was a clever chapter.

As the book comes to an end it's lovely to read her about her victory on fighting alcohol, to hear that Cathy found her self-worth and inner peace and that she has loving people around her.

I like that the final chapter is her own 12 steps to healing from alcoholism. I think this is such a great touch and could help many people out there.

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### **Karl Wiggins says**

This Book is Raw

Lockwood is like a pebbled mosaic. A hodgepodge assemblage of so many small pieces of coloured stone that make up her very identity, representing who and what she will always be – a mother, an actress, a beaten housewife, a disillusioned believer, a dreamer, a clown, a soft touch, a punch bag ..... a drunk

..... An author

Catherine Lockwood pulls no punches. She doesn't ask you to like her, she doesn't beg your forgiveness, she doesn't try and explain, and she offers no excuses.

You want her to come out fighting, but all her fight is at the bottom of a bottle of vodka. The irony of an alcoholic husband reproaching her for drinking when he can hardly stand up himself is not lost on the reader.

I don't know why certain women seem to attract men who want to exploit them. Maybe it's simply because they're hurting and the wrong type of predator sees them as an easy target. Lockwood is – or was – an easy target. Yet she's not promiscuous. She's loyal and dutiful to the abusive husbands.

No, Catherine Lockwood is not promiscuous, but she is – or was - a drunk. A screaming, dancing on the tables, leave-your-children-all-alone, comatose, dead-to-the-world, juiced up alcoholic who hates Alcoholics Anonymous and the people who go there with a passion. Instead she lurches and teeters through life with a bottle of voddie in one hand and a virtual tattoo on her forehead that reads "Abusive men only."

And she writes about all of this with such skill and such outspoken candour that the reader just cannot help being drawn in to this remarkable survivor's story. She is blunt and to the point, spitting in the face of those who've violated her.

Do yourself a favour and download a copy of this book sharpish.

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### **Julie Haigh says**

Wow! A cracking memoir!

Wow, what can I say? - Just finished this BRILLIANT memoir by Catherine Lockwood and it was so moving and totally absorbing. Such a powerful memoir. It doesn't seem right to say it's good when it's somebody's 'bad'-but this is a great read which really gets your emotions involved. Humorous remarks and expressions are injected occasionally in the writing even though much of this is very hard circumstances. Not just the booze, there are many facets to this book, relationship issues, violent and controlling relationships, moving to Spain, Show business (Catherine has had bit parts in various popular TV Programmes such as Eastenders, The Bill etc). An absolutely packed memoir. When I was reading it, I could see this translating well for TV-it would make a great feature Documentary or Drama mini series. This made gripping reading and I highly recommend it to anyone.

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### **Susan Joyce says**

An important read!

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### **Jesamine James says**

This is a wonderfully written story of a roller-coaster life. The balance of ups and downs, cries and laughs works perfectly - keeping the reader hooked throughout.

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Although it is one woman's struggle for acceptance of herself, there are so many facets entwining throughout that everyone will find something that they can relate to, I'm sure.

This type of story will probably attract an older readership, due to the recollections from the '70s and '80s, but I would advise any young adults branching out into the world of adulthood and relationships to read this story and get ahead of the game.

What is so sad about this authors life is not how she lived it or where she went wrong, but that it took her fifty years to finally find herself and love herself. Sharing this story may wake up some of it's readers to the path their own lives are taking. That saying – If I knew then, what I know now...comes to mind.

All stories have a message and I wish I'd read this twenty years ago.

Many of us try to figure out where life went wrong and what caused it to happen, but you can't turn back the clock anyway. Sometimes life's just like that and this story proves that you can put it all behind you and be the person that you were meant to be regardless.

This is not at all a pity seeking, miserable tale. It's an uplifting story of the trials and pressures that life throws up, the ways they are dealt with, wisely or not, and the repercussions of the judgement of others and ones self.

A truly excellent read.

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### **Pat Ellis says**

What a roller-coaster of a 'ride' this Author had. I was gripped & willing Catherine on. From a youngster she never felt as though she could do right & this caused her problems. Would exciting times be ahead for Cathy - Acting & maybe meeting some well known people?... Moving into young adult-hood, unfortunately Cathy turned to booze & all that entails when you binge drink. Being in love and out again her relationships were not working. Cathy 'staggered' on and on in-between the times of sobriety. The Author tries to pick herself up & pull herself together throughout it all. The Memoir also includes the sadness of miscarriage - A move (more of an escape) to Spain and an eventual return to the UK - Her great kids and her love of them. The Author's quick-witted sense of humour comes through though and although you feel desperately sad at the situations that arise you do also manage to have a giggle through Catherine's writing - I believe a well written Memoir & even though the language is pretty 'hot' I would say if you can take that on the chin then go for it.

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### **Lynn Whyte-heath says**

Enjoyed reading this book, A girl struggling through a tormented childhood. In adulthood she turns to alcohol for comfort and support, falling from one violent relationship into another. She would be the only one to improve her life. does she? Read the book to find out.

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### **Suzanne Steele says**

This is the story of Cathy who suffered with chronic alcoholism. She begins the book at her rock bottom and then takes us back over her life to try and make sense of how she became an alcoholic. It is not a poor me memoir and Cathy takes responsibility for all her actions. The ending has a positive outcome without giving too much away, but obviously it needed this conclusion for her to write the story. It has a good balance of sad memories and happy, laugh out loud anecdotes. Great read.

## **J. says**

What a life!

Though this is the story of Catherine's struggle with alcoholism I think many will also see it as a story of surviving two abusive relationships.

It isn't a happy life but told with humour makes it a compelling read.

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## **Victoria Twead says**

Cathy Lockwood's shocking book quite simply took my breath away. As I turned the pages, I watched with horror as her life careered from one train wreck to the next. However, this book is definitely NOT a 'poor little me' tale. The author's refreshing honesty, sense of humour, and talent for story-telling all make for a truly stunning read.

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## **Moll French says**

The Girl Behind the Painted Smile is written with feeling, whilst managing to sustain humour throughout. Indeed the author has been on a heartbreaking journey but it is one told without pity. Catherine's personality really does shine throughout the book.

There is rather a lot of swearing in the book, though it made me giggle and I thought it was appropriately placed.

Catherine has proved just how resilient we can be. There are parts that made me snort with laughter - parts that made me cry. Either way, you may need tissues.

I really enjoyed her insight into working on TV, there were some certainly many eye-opening parts.

It has been an absolute pleasure to read your story Catherine, thank you for sharing your inspiring story and making me smile.

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