



Breathe

A Memoir of Motherhood, Grief, and Family Conflict

by Kelly Kittel



Non-Fiction - Memoir

384 Pages

Reviewed on 06/06/2015

Book Review



Reviewed by Rabia Tanveer for Readers' Favorite

In Kelly Kittel's *Breathe: A Memoir of Motherhood, Grief, and Family Conflict*, a woman understands the value of real family and the sacrifices you need to make to keep it safe. Kelly Kittel had learnt early on that family is everything. That has been the only thing that actually mattered to her. She has a beautiful fifteen-month-old son and a husband who adores her; was there anything else she needed in life to make it even more perfect?

Her world comes crashing down when her sixteen-year-old niece runs her infant son over by car. Too soon after that, her doctor makes a terrible mistake and she and her husband have to bury yet another child. If the family she cherished does not stand by her, then what is family for? Was it all for nothing? As she tries to keep her family together at this terrible time, she is questioning everything. What is real family? Did she actually have it or was it just an illusion.

Kelly Kittel's *Breathe: A Memoir of Motherhood, Grief, and Family Conflict* was a heartbreaking book. I expected a lot of heartbreak and emotion, but this was a lot more than that. I was immersed in Kelly's life, I felt her pain and her hardship. I really loved this memoir, even though I was crying from the moment I started reading it. Not many writers have the ability to do that. I praise her for accomplishing that. Kudos to the writer!