

Nineteen

A Daughter's Memoir of Reckoning and Recovery

by Leslie Johansen Nack



Non-Fiction - Memoir

368 Pages

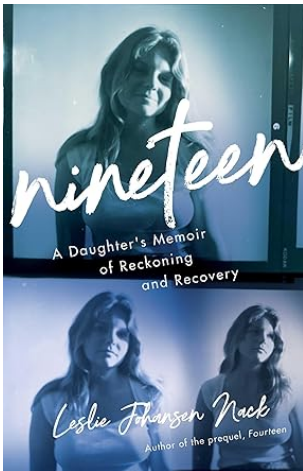
Reviewed on 05/01/2025

Book Review

Reviewed by Carol Thompson for Readers' Favorite

Nineteen: A Daughter's Memoir of Reckoning and Recovery by Leslie Johansen Nack presents an unflinching account of adolescence marked by trauma, resilience, and self-discovery. As a follow-up to her earlier memoir, *Fourteen*, this installment traces the years after a harrowing sea voyage when Nack is compelled to return to land and navigate an even more treacherous emotional landscape. The memoir begins with vivid depictions of life aboard a storm-battered sailboat in the Pacific, where fourteen-year-old Leslie steers through towering waves under her father's critical eye. Nack's prose is candid and lyrical, blending sensory detail with sharp emotional insight. Her portrayal of both parents is intimate, highlighting the contradictions of love, damage, admiration, and betrayal.

Themes of identity, power, and healing thread through the narrative as Leslie Johansen Nack contends with abuse from multiple adults, including a family therapist whose actions underscore the danger of misplaced trust. The emotional weight of these experiences is conveyed without sensationalism. Instead, Nack offers a steady voice that allows the reader to grasp the complexity of survival through physical storms at sea and emotional ones at home. Despite the darkness, the memoir is not without moments of beauty and connection, particularly in the relationships between the sisters. Leslie's internal growth, marked by small acts of rebellion, truth-telling, and quiet strength, provides hope throughout the memoir. *Nineteen* is a compelling continuation of Nack's life story, written with courage and vulnerability, especially following the adversity she received from her sister and mother following her first book. She bravely penned *Nineteen* knowing it could result in more family controversy. Readers drawn to coming-of-age memoirs that explore the impact of family trauma and the long road to self-empowerment will not want to miss this sequel.



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Author Biography



Leslie Johansen Nack is the author of two award-winning books: her debut memoir, *Fourteen*, and her historical novel, *The Blue Butterfly*. Her forthcoming sequel, *Nineteen: A Daughter's Memoir of Reckoning and Recovery*, concludes her raw and deeply personal story, chronicling her path to sobriety and a renewed sense of hope. Nack graduated from UCLA with a degree in English literature and overcame past traumas to raise two children in a healthy, loving home. She is a member of NAMW, The Historical Novel Society, and the PNWA. She lives outside Seattle with her husband. More information at www.lesliejohansennack.com