



# One Hour in Paris: A True Story of Rape and Recovery

By Karyn L. Freedman



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**One Hour in Paris: A True Story of Rape and Recovery** By Karyn L. Freedman

In this powerful memoir, philosopher Karyn L. Freedman travels back to a Paris night in 1990 when she was twenty-two and, in one violent hour, her life was changed forever by a brutal rape. *One Hour in Paris* takes the reader on a harrowing yet inspirational journey through suffering and recovery both personal and global. We follow Freedman from an apartment in Paris to a French courtroom, then from a trauma center in Toronto to a rape clinic in Africa. At a time when as many as one in three women in the world have been victims of sexual assault and when many women are still ashamed to come forward, Freedman's book is a moving and essential look at how survivors cope and persevere.

At once deeply intimate and terrifyingly universal, *One Hour in Paris* weaves together Freedman's personal experience with the latest philosophical, neuroscientific, and psychological insights on what it means to live in a body that has been traumatized. Using her background as a philosopher, she looks at the history of psychological trauma and draws on recent theories of posttraumatic stress disorder and neuroplasticity to show how recovery from horrific experiences is possible. Through frank discussions of sex and intimacy, she explores the consequences of sexual violence for love and relationships, and she illustrates the steep personal cost of sexual violence and the obstacles faced by individual survivors in its aftermath. Freedman's book is an urgent call to face this fundamental social problem head-on, arguing that we cannot continue to ignore the fact that sexual violence against women is rooted in gender inequalities that exist worldwide—and must be addressed.

*One Hour in Paris* is essential reading for survivors of sexual violence as well as an invaluable resource for therapists, mental health professionals, and family members and friends of victims.



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### **Editorial Review**

#### Review

“Karyn L. Freedman's terrifying and shattering story, *One Hour in Paris*, reveals the devastating truth about rape—that it is not confined to one terrible moment, but it determines and shapes a lifetime. If you want to understand why we need to do everything in our power to end rape, read this book.”  
(Eve Ensler, author of *The Vagina Monologues*)

“In telling her story, Freedman challenges the notion that rape is solely about power, asserting that, to the survivor of the crime, rape is all about sex and can lead to lifelong sexual inhibitions. . . .Freedman contends that rape is rooted in gender discrimination and the oppression of women worldwide, that structural inequalities will persist until addressed. The frank discussion in this book is valuable for those interested in social justice as well as to survivors, their loved ones, and mental health professionals.”  
(*Library Journal*)

“Stunning.”  
(*Inside Higher Ed*)

“*One Hour in Paris* is a brave book, and an important one. Putting one rapist in jail, Freedman says, no more solves the huge societal problem of sexual violence than feeding one hungry person solves poverty. But coming out of the closet about rape, whether you're a victim, a near-victim or a loved one, can be the first step toward real change.”  
(*Toronto Star*)

“In her brave and compelling memoir . . . [Freedman] uses her keen intellect and in-depth knowledge of trauma to unravel the complexity of rape, and to make sense of the imprint it has made on her life, and on the lives of so many others.”  
(*National Post (Canada)*)

“A story of the audacity of courage in the face of trauma, a brave and moving book that deserves to be read by audiences at large.”  
(*Quill & Quire*)

“Freedman's forthright, deep analysis of her path to recovery after her harrowing rape at age 22. Vital reading for addressing the aftermath of sexual violence and challenging rape culture.”  
(*Globe and Mail*)

From the Back Cover

***Winner of the 2015 British Columbia National Award for Canadian Non-Fiction***

***A Globe and Mail Top 100 Book of 2014***

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At a time when as many as one in three women have been victims of sexual assault and when many women are still ashamed to come forward, Freedman's book is a moving and essential look at how survivors cope and persevere. *One Hour in Paris* is also an urgent call to face the fundamental social problem of sexual violence head-on, arguing that we absolutely must address the fact that sexual violence against women is rooted in gender inequalities that exist worldwide.

#### About the Author

**Karyn L. Freedman** lives in Toronto, Canada, and she is associate professor of philosophy at the University of Guelph.

#### Users Review

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##### **Lisa Buffington:**

Do you have something that you like such as book? The book lovers usually prefer to decide on book like comic, brief story and the biggest an example may be novel. Now, why not trying One Hour in Paris: A True Story of Rape and Recovery that give your enjoyment preference will be satisfied through reading this book. Reading routine all over the world can be said as the opportunity for people to know world considerably better then how they react towards the world. It can't be mentioned constantly that reading habit only for the geeky person but for all of you who wants to possibly be success person. So , for all of you who want to start studying as your good habit, you may pick One Hour in Paris: A True Story of Rape and Recovery become your own starter.

##### **Markus Walker:**

Is it you actually who having spare time subsequently spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This One Hour in Paris: A True Story of Rape and Recovery can be the reply, oh how comes? The new book you know. You are consequently out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these guides have than the others?

##### **Rickie Miller:**

In this particular era which is the greater person or who has ability in doing something more are more special than other. Do you want to become one of it? It is just simple strategy to have that. What you must do is just spending your time not much but quite enough to enjoy a look at some books. On the list of books in the top checklist in your reading list is One Hour in Paris: A True Story of Rape and Recovery. This book and that is qualified as The Hungry Hills can get you closer in turning into precious person. By looking upward and review this guide you can get many advantages.

**Erin Harmon:**

As we know that book is significant thing to add our knowledge for everything. By a book we can know everything you want. A book is a pair of written, printed, illustrated or perhaps blank sheet. Every year had been exactly added. This e-book One Hour in Paris: A True Story of Rape and Recovery was filled about science. Spend your time to add your knowledge about your research competence. Some people has several feel when they reading any book. If you know how big good thing about a book, you can experience enjoy to read a publication. In the modern era like right now, many ways to get book that you wanted.

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