



Cutters Don't Cry

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19-year-old Charity Graff engages in self-harm. More specifically she cuts herself to numb emotions. In a series of raw journal entries, the confused teenager writes to her estranged father, filling him in on what's happened in her life since he left her nearly 18 years ago. Throughout the course of her letter writing, Charity chronicles her penchant for cutting, a serious struggle with depression and her inability to vocally express her feelings.

Cutters Don't Cry Details

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From Reader Review Cutters Don't Cry for online ebook

Melanierankin says

I have read five or six self harm books but Cutters Don't Cry was the first one to help me understand why people do it to their self. My older sister has self harmed for as long as I can remember but it wasn't until reading Charity's inner thoughts that my sister's motives finally clicked with me. I recommend this book to anybody struggling to understand the thoughts behind a loved one's self harming.

Vesper Dreams says

Cutters Don't Cry is an emotional story of a young woman, Charity, who engages in self-harm. For me, it's a difficult thing to read about due to struggles of my own. However, I find a sense of comfort with books that don't romanticize the issues people with depression deal with on a daily basis. This book is one of those. Though I feel this story would have been a lot more engaging in a show-don't-tell type of style, it was still enjoyable and moving.

As I've already said, I love that this book doesn't romanticize the issue. Mental illness is not something to be romanticized;... (more via website)

Nicole (Reading Books With Coffee) says

I just loved Cutters Don't Cry!

I found Charity to be very real and very relateable, and there were a few times her own story mirrored my own. There were times I couldn't stop crying, and Dzidrums did a great job at capturing the range of emotions Charity felt. I've never self-harmed but it's so easy to understand why Charity does it. And Dzidrums did a wonderful job with showing the downward spiral Charity was in. I thought the use of a journal was such a great way for Charity to share her thoughts and express her feelings. Sometimes, you write because speaking can be too hard and scary. The journal entries written to her dad were so powerful, and I loved seeing her work through everything. Her entries were very honest, and very vivid.

I also liked that Charity wrote to her dad, who she doesn't remember. Almost like writing to him was her way of telling someone what was going on, and to work out her feelings about her dad. I connected very much with Charity and her experiences, and I loved that she's 19, in college, and not sure of her future. You really see her as someone who's scared to speak up but who eventually realizes that she needs help and is ready to get that help.

The only thing I didn't like was that it was really short. I would have liked a little more closure- you see she's taking steps in the right direction, but you don't see her several months down the line. You also got bits and pieces of her childhood, and I would have liked more of that as well. But in it's own way, it did work. because you got enough of what happened and where she was headed.

Cutters Don't Cry gets a 5 out of 5. It was so well done, and I really felt like I was Charity at times.

Victoria says

Some days I feel like this but i can relate to her and finding out about her dad.

Manal Marghalani says

I have trouble dealing with feelings,so I create physical pain to distract myself from my emotions....so sad):

Mel says

This book hit me in the gut. I lost count of all the times I cried. At times I felt like Charity was writing for me because I am still trying to find my voice. I love this book.

Willow says

I liked how Charity wasn't cutting because she had a secret tragedy in her past and she was a depressed college student and did not know why she was depressed. This book is very honest without a big gimmick tragedy behind the feelings. It is for my 2nd favorite self harm story. Look at my profile picture to see my 1st favorite.

Jessica says

This book is an amazing and very accurate view at the life of someone who cuts. The book portrays cutting as a lifestyle and not just as a phase, which is a huge misconception today. Through the perspective of Charity, we are able to explore her rationale for cutting herself and the emotions that have led her to the lifestyle. We read her journey through journal entries that are written as letters to her dad. I found this book to be a wonderful representation of why some cutters cut. There were parts that felt a little rushed though but the book was still absolutely amazing. I would recommend this book for teachers, parents, and children alike. I think it could serve as a great book to learn from. It was also a very easy read. It took me only a couple hours, collectively, to read it.

"I'm scared. I don't want to die, but I'm not sure I want to live either. I don't cut myself because I'm trying to kill myself. I started cutting because it stripped away my confusion and pain. It comforted me."

This little section made the entire book real for me. Until this point, I enjoyed the book but it was just a book. This short paragraph, in my opinion, took the entire book to a whole new level.

Lisa Frogiami says

"I don't view my cutting as a destructive force. The physical act keeps me safe from emotional pain that feels more threatening to me than anything a razor could inflict."

Laura says

I REALLYYYY planned to give this book 4 or 5 stars. However, then it got to the ending, and I couldnt give the book any higher than a 3. The ending was so simple and I just dont think, if this story was real, it could end perfectly.

Friallie Lien says

Cutters Don't Cry is the best book I've read about cutting. Charity's range of emotions were described spot on and made my cry several times. I also loved the honest get to the point writing. It was a fascinating read but wish the book was longer.

NayDoubleU says

Dealing with the same problem of self harm I recommend this to any one who wants to get in the mind of a self harmer. There are different reasons for self harming but this book helps a person see that it leads to an addiction. A need. And alot of people don't understand that. I wish they would. So hopefully this book will do the trick. Great read. So real and relatable.

Lisa Marie says

Fast read. Enlightening glimpse into the mindset of a cutter.

Kirsten Binder says

I felt that it was an okay book. I think the author really nailed the emotions and why she was cutting, but I feel the ending was rushed and a little awkward. Overall an okay book but I have read better books about SH

Stephen Hancock says

An interesting book, that addresses an important issue. There is part of me that wishes that the protagonist was a male, especially as recent research shows that the number of males who self harm is higher than previously thought. This discrepancy is partly due, I am sure, to the idea that boys who self-harm are some

how weak and lacking in ability to cope (of course, this is entirely erroneous, and an accusation that is as false for girls who self-harm too).

Slightly over-written in places, but overall a solidly written vignette.

Note: Was saddened to read one description of the author on-line as a 'reformed cutter', as if cutting was somehow an immoral act, rather than an act of desperation. Hardly a term that is going to help counter the taboo nature of this subject, is it?
