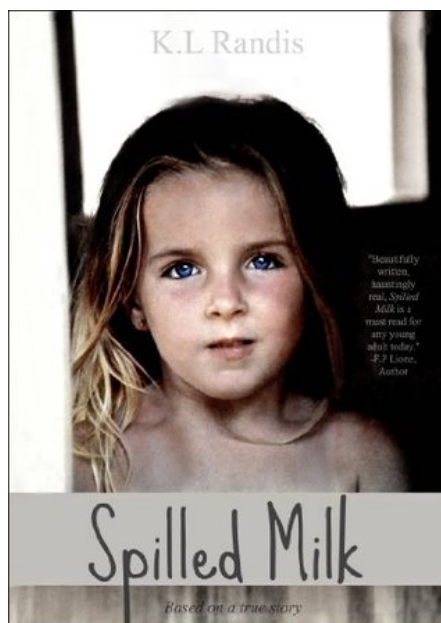




Spilled Milk

K.L. Randis

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Brooke Nolan is a battered child who makes an anonymous phone call about the escalating brutality in her home.

When social services jeopardize her safety condemning her to keep her father's secret, it's a glass of spilled milk at the dinner table that forces her to speak about the cruelty she's been hiding. In her pursuit for safety and justice Brooke battles a broken system that pushes to keep her father in the home.

When jury members and a love interest congregate to inspire her to fight, she risks losing the support of family and comes to the realization that some people simply do not want to be saved.

Spilled Milk is a novel of shocking narrative, triumph and resiliency.

Spilled Milk Details

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Author : K.L. Randis

Format : Kindle Edition 276 pages

Genre : Nonfiction, Autobiography, Memoir, Crime, True Crime, Biography, Sociology, Abuse, Mystery, Psychology, Book Club, True Story, Audiobook

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From Reader Review Spilled Milk for online ebook

Bearkat says

Best book EVER!!!

This book was absolutely amazing. I feel so much stronger just from reading this book and seeing how Brooke survived.

Nada says

I couldn't put this book down from how good it was. What a heartbreaking, incredible story! I love how the spilled milk on the dinner table inspired Brooke to speak out. This book made me love books that are based on a true story.

Talon says

“Just remember, rain doesn’t seem all that threatening at first, but too much rain can turn into a flood.”

Cover aside (because well, it’s not the prettiest), Spilled Milk was one of the most compelling books I have read to this date. Spilled Milk shows you the inside of so many things that go on in this world every single day. And through Brooke’s POV, we see the details on how it can destroy a family and cause so much turmoil that they think there is no way to come back from it.

“But at the end of the day, the only person I can make changes to is myself. No matter how much I tell them how liberating it feels to finally be as happy as I am, they’ll never understand if they don’t want to.”

The book itself was very well written. It was poignant and sad but at the same time chilling and impactful to all. Not only was Brooke’s story heartbreaking, there are so many secondary characters that are heartbroken too. Seeing that, especially from Brooke’s perspective was terrifying. Especially knowing that these types of things happen to children every day. Including the injustices that come their way.

“I knew how important it was to have one moment of clarity, one seemingly unimportant glass of spilled milk at a dinner table, for a child to break the cycle of abuse in their family. After my insight somebody in that room would undoubtedly become someone else’s glass of spilled milk, their only hope, and their one fighting chance. For that reason alone, everything that had happened was worth it.”

I LOVE how the title came to play within the story line. The metaphor it was used as could not have been executed any better than what the author did. The way Brooke rises from the ashes but falls all the same was incredible. Her journey is not for the faint of heart but I’m so glad I braved it and journeyed with her.

This is one of those books I will think about as time passes by. It touched me in a way that I wasn’t expecting and puts so many things into perspective to me that I wasn’t aware of before reading Spilled Milk. Everybody needs to read this book. Whether you have went through abuse or not. I think we can all take something away from this book.

hmistybear says

I found this book very compelling. It shows how someone who lives in a bad environment feels it is normal. When they see how others act in a family, they see their lives are not normal. It reminds people to never judge others. You never know the hardships they go through. Unfortunately many wear a mask so others don't know the real person inside because they mask the pain they feel. Brooke's mask was being a good student. It hid what was really going on in her life. We all hide from one thing or another. It is wonderful to have a person that helps to pick us up off the floor when we need it most. Gina was the one to do that for Brooke. This book shows what a little caring can do for a person. It's always hard to trust others when living in a bad situation. Trust for some is hard because of what they have gone through. Such as social services saying it is confidential. Then sending a report to those who are accused. This book shows that no matter what we go through in life, we can change it to make it better. It shows caring for someone can change their life for the better.

J.P. Willson says

As much as the content is disturbing, and as much as I do not understand the 'moniker'- 'based on true events', this is a very solid write. The story is detailed to the point that it becomes painful- but that is because of the subject matter and nothing else.

Thankfully the book itself is not written in the 'graphic sense', that only will come from the readers individual mind, yet that is difficult enough to process.

I especially liked the way the title itself has been worked into the story the way it has- the reasoning for the title itself if you will. Something usually only seen in the movies- when the main character refers to the movie title in his lines.

Well done. I would definitely recommend this.

Elle Klass says

Spilled Milk by K. L. Randis is a touching story based on true events. Brooke Nolan, from the time she is a little girl until her teenage years is sexually abused by her father. She isn't the only target in the family, as her siblings feel his wrath in the form of physical abuse. Her mother is disabled from a mishap at work, and there are 4 children in the household which traps her financially. The perfect setting for the lightning storm that is Brooke's life. It isn't until sitting down to dinner with her boyfriend's family, and his little brother accidentally spills his milk, that she realizes her family isn't normal, nobody screams at the child or raises their hands in anger. Brooke has a difficult time wrapping her mind around the entire incident. The milk mishap is what seems to propel her into seeking help.

Brooke builds strong relationships with others, mostly adults who stand by her, giving their full support as she faces the challenge of survival, and court, against her father. The fear she feels echoes through the pages of this compelling story. K.L. Randis illustrations of growing up in a violent home are on the money. Her novel speaks volumes to anyone, especially those who have suffered the devastating effects of abuse. Her words are precise, and descriptive placing the reader front and center in an explosive household. Brooke is an intelligent young woman who finds peace, justice, and most importantly, strength.

In my opinion Spilled Milk is about awareness, and reaching out, helping those who can't help themselves. There are far too many stories that mimic Brooke's, characters, and situations may be different, but the fear, and devastation aren't. Someone in a toxic relationship has to want to be helped, and be willing to come forward. If they know they aren't alone, that support is available, then maybe more will reach out. This is a novel to share with as many people as possible.

Spilled Milk is an excellent read.

Jariann says

Couldn't put it down!! However, it deals with a very sensitive issue that may make this a book that is hard to read for some.

Sharon J. Iannotti says

Bad

What ?????? Really sad story, not written well, extremely confusing characters. Do not recommend this book at all. Didn't even finish the last chapters.

Melinda Plue says

Proofreading is important. The story is compelling, but the number of run-on sentences and terrible use of punctuation was very distracting. I found myself skimming at the end just to be done with it.

Rachel Blum-jose says

This just goes to show just how important proofreading your book is. Seriously..."would OF?" "Oxycontin's?" Not to mention the ungodly number of run-on sentences. I bring this up because I thought this was a fantastic book, and it's a shame I couldn't give it a full 5-star review. Editing is writing 101.

Joann says

This was a free Kindle download and is a true story of how a young girl who is sexually abused by her father struggles through her teen-age and early adult life to finally tell herself that she has to close this chapter of her life. Brooke Nolan grew up in an abusive household and for years thought her father and mother's reaction to her and her three siblings was a normal one. Most young girls would have crumbled at what she had to endure but Brooke rises above it all and comes away with a college education and is a writer and a speaker to bring awareness for child abuse and domestic violence.

Eliciah Kury says

1). Author's Background

Spilled Milk was written by K.L. Randis. She wrote this book to portray her life as a sexually abused child. Although, the main character in the book is named Brooke, the things that happened to her were exactly the things that happened to K.L. Randis when she was a girl.

2). Literary Time Period

The book is based off of little excerpts from her diary, therefore, the book was written in Long Island, New York and Stroudsburg, Pennsylvania.

3). Setting

The setting throughout the book is mostly Stroudsburg, Pennsylvania and Long Island, New York. These are the places where R.L. Randis was raped and molested by her father.

4). Characters

Brooklyn (R.L. Randis)- A strong girl that stood up for herself after years of torment from her father.

David Nolan- The father of Brooklyn (R.L. Randis) that raped and molested her for years.

Molly Nolan- The mother of Brooklyn (R.L. Randis) that was a pill popper and lousy mom.

Gina- The women that was there for Brooke whenever she needed her.

5). Theme

A huge theme in this book is abuse, because Brooke's father abused her until she felt like she was worthless. The abuse inflicted onto Brooke was terrible and the book expresses it perfectly.

6). Plot Summary

Brooke Nolan is a battered child who makes an anonymous phone call about the escalating brutality in her home. When social services jeopardize her safety condemning her to keep her father's secret, it's a glass of spilled milk at the dinner table that forces her to speak about the cruelty she's been hiding. In her pursuit for safety and justice Brooke battles a broken system that pushes to keep her father in the home. When jury members and a love interest congregate to inspire her to fight, she risks losing the support of family and comes to the realization that some people simply do not want to be saved. Fortunately, she fought through and became the savior of her family. Her coming forward sentenced her dad to up to 16 years in prison.

7). Literary Devices

Foreshadowing is one of the literary devices that is used when R.L. Randis said in the first chapter that her brother nearly drowning is the first of the many secrets she kept for her dad.

The next literary device used in Spilled Milk, is symbolism. In the book when Brooke realized that when her boyfriend's brother spilt a glass of milk on the table and their father did not hit or shout at him, Brooke realized that her family was not normal.

8). Memorable Quotes

"But you have a damn good voice, and we are going to make it sing."

Heather, a girl that kept Brooke updated on the case and any other court information, said this when Brooke was beginning to feel like there was no hope winning the case against her father. Fortunately, Heather said just a few words that reassured Brooke that she needed to do this for herself and for other victims.

"I beamed at Gina and stuck my hand out the window as we passed, passionately giving the jail the middle finger."

This is the narrator speaking after David was convicted for his crimes. It is explaining the excitement that Brooklyn felt when she was set free from her abusive father.

Meghana says

I picked this book to primarily understand what can go in a sexually abused person's life and for that purpose, this book does have some new and interesting insights. But, the narration style was lacking.

Donna says

This book is nonfiction/true crime. The story is about a girl who is abused by her father. She has the added burden of protecting her younger siblings and taking care of her mom. As she gets older, she realizes that her home life is not right. She gets the ball rolling that will eventually lead to her dad being held accountable.

I liked that this book focused on Brooke's strengths. She is a survivor. I also liked that she has been able to bring change to a system that had gaping holes when it came to dealing with traumatized children. I listened to the audio so all of the editing problems this book is plagued with, didn't effect me.

Mission Blue says

I'm going to dnf this book. My heart just can't take it.

Dalal says

3.5

Leticia says

Honestly, it is a moving and horrifying tale of bravery and sadness. But if the editing had been more thorough I'd have been able to focus solely on Brooke's voice. Instead, the misused plurals/'s and the disregard for punctuation left me a bit distracted.

Anne Hawn Smith says

This was a very compelling story and I could hardly put it down, but it made me so angry. I know this kind of abuse goes on and that children are victimized by their parents, but this child was also victimized by Social Services and her school. How could such agencies promise confidentiality and then do things which put her into further jeopardy? How could a school be so insensitive?

But this is a story of a young girl with enormous courage. At times I was hearing the music from "Rocky" while I was reading. Brooke felt responsible for her siblings and her mother so she tolerated a situation that

no child should have to face with the tacit understanding that her father would not sexually abuse her sister. She couldn't protect her family from her father's incredible rage and selfishness, but she could keep it from being any worse.

Brooke's mother, while not abusive, also contributed to her problems. As in so many cases, she was passive and absorbed with her own survival and so she chose to ignore some vital signals. Despite this, Brooke had people in her life who cared about her and recognized that something wasn't right. In the end, they did what they could, and did it well.

Tami says

This story is about a survivor rather than a victim. It should be ready by anyone in the field of social services. Terribly sad, but well worth the read!

Missy says

My 15 yo read this and told me I should read it. I was hesitant because of the subject matter but also wanted to be able to discuss with her. It was really hard to read in the beginning but I am glad I pressed on and finished it. A very insightful view of what she went through and how the system "works"...or doesn't work. Unbelievable resiliency displayed throughout this book. Thanks for the courage of the author to write this book.
