

[PDF] Found: A Memoir

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Books Details:

Title: Found: A Memoir

Author:

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Description:

From Publishers Weekly Expanding on her previous titles (*Blackbird*; *Still Waters*), in which she related the traumatizing experiences of being adopted twice before reaching her teen years, Lauck begins her story a decade later. After years of therapy, Buddhist practice, her brother's suicide, two failed marriages and motherhood, she rejects her old vision of comparing the past to "radioactive waste" that must be buried. Despite early indifference to finding her birth mother, Lauck comes to see the woman as key to releasing deep pain, sadness, and rage. Lauck's spare narrative concentrates on emotion, occasionally expanded with clinical explanations of mother-child bonding and Buddhist perspectives on inner growth. But she shines when she allows the abandoned child to peek out. Lauck searches out her birth mother and finds her deceased birth father's family, completes the circle, then moves on. People who have struggled for a sense of belonging or with anger and grief will find wisdom, comfort, and guidance in Lauck's discoveries. (Mar.)

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From In her third memoir, Lauck relates her gradual realization that her problems with normal social relationships stem from her lack of a strong sense of self caused by the loss of her mother at birth. She was, after all, whisked away by nurses without ever feeling her mother's touch. When giving birth to her own first child, Lauck says she was jarred from her amnesia and began to catch glimpses of her first moments of life and the early years with her first adoptive family. She struggles to find inner peace, first in motherhood, later by taking up Buddhism and attending meditation retreats, until she reaches the momentous decision to try and find her birth mother. This would have been another compelling memoir, but it is weakened by Lauck's hyperbole. For example, she writes that a baby separated from its mother at birth will experience panic, terror, and within 45 minutes will go into shock and lose consciousness. This strains the reader's credulity and undermines the argument she seems to be making against elective adoptions. --Deborah Donovan

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