



# BREAKING THE SILENCE

*Mariette Hartley, Anne Commire*

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## **BREAKING THE SILENCE** Mariette Hartley, Anne Commire

Her Polaroid commercials with James Garner and her Emmy Award winning television performances have made, funny, charming, Mariette Hartley one of America's favorite stars. But, hidden behind her good humor was a family legacy of abuse, suicide, and alcoholism that nearly destroyed her. Growing up the privileged granddaughter of psychologist John B. Watson, who preached that children should never be kissed, hugged or even touched. Mariette went from days of martinis, tweeds and roses in suburban Connecticut to madcap nights in Hollywood, outwardly leading a charmed life. Inside, though her family secrets and abusive husband were pushing her toward tragedy. Filled with wit, humanity and marvelous inside stories of Hollywood and television, *Breaking the Silence* is the story of Mariette's triumphant journey to hope, courage and a happy new life - a work as warm and engaging as the woman herself.

Mariette is the national spokesperson for the American Foundation for Suicide Prevention and is a co-facilitator of suicide survivor groups in Los Angeles. She is a sought after motivational speaker dealing with mental health issues and suicide. She lives in L.A. with her husband, surrounded by her children, grandchildren and friends.

"Truly wonderful, funny and vulnerable and very courageous." - Sharon Gless, star of *Cagney and Lacey*

"Intelligence and candor... this splendid autobiography, sometimes hilarious, sometimes horrifying, always on target, rises well above others of its kind." - Publishers Weekly

"Moving and strong... tart humor, a magnanimous heart, and a winning sense of the ridiculous." - Kirkus Reviews

"Funny, bright and lively, and a delight to read. The pain is there, but she brushstrokes it with humor that has been her weapon of resilience all her life." - Seattle Times

"Surprisingly frank, readable and funny... Hartley is a survivor." - Pittsburgh Post Gazette

"Mariette Hartley reveals her family secrets with wit and heartbreaking directness." -McNaughton Book Service

"A moving and strong celebrity memoir of growing up in a family severely disturbed by alcoholism." - Kirkus Reviews

"This book should not be out of print." - Tim Bazzett - Book Happy

"Under the surface of this lovely entertaining, conversational book is great sea of profound emotional content that Mariette Hartley has handled with both sensitivity and insight. Hartley's book will make you put down your martini and go hug your kid and that's a wonderful thing." - Rod, Reader Review, Amazon

"*Breaking the Silence* is a book I would recommend to anyone who has dealt with suicide whether it was a close friend or family member." Terence Richard, Reader Review, Amazon

"*Breaking the Silence*" has fantastic humor. I could not put the book down and did not want it to end." G. Santelli, Reader Review Amazon

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