

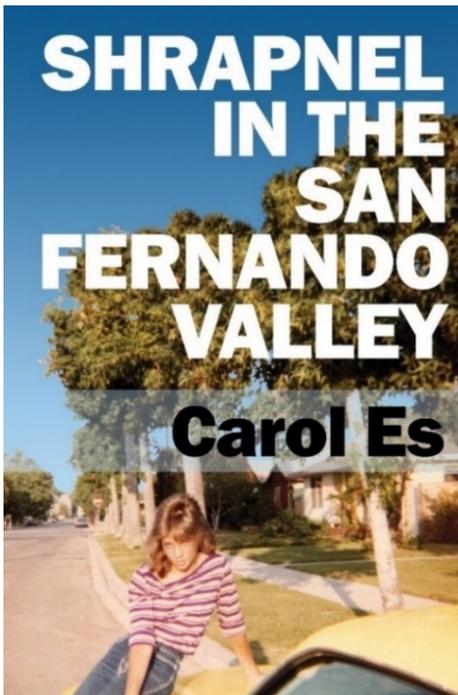


NONFICTION—MEMOIR

SHRAPNEL IN THE SAN FERNANDO VALLEY

Carol Es

MUSIC, ART, AND MIND CONTROL



Self-taught artist, writer, and drummer, Carol Es grew up believing she was inherently bad. Having a mentally abusive mother and an unstable family that moved over a dozen times before her ninth birthday, she'd also suffered horrific sexual abuse. By the time she'd reached 15, she ventured off on her own only to wind up trapped in a cult for 20 years. Somehow, Carol remained bonded to art and music as a means of survival.

Seduced by the celebrity that lured her into Scientology and the magic promises to fix her broken life, Carol buried herself in the concepts and philosophies of L. Ron Hubbard. Meanwhile, she hopelessly denied her underlying mental illness that went untreated for years because of her firm belief in a doctrine that made psychiatry out to be an evil hoax.

After a tumultuous childhood, decades of being brainwashed, mental illness, and physical disability, Carol has taken a huge stride out of the blackness of fear and silence by completing her book, *Shrapnel in the San Fernando Valley*. She has lived several lifetimes in one—building upon two artistic careers, fighting against opposition, and her own insecurities.

Illustrated with original sketches throughout, *Shrapnel in the San Fernando Valley* is not just another survivor's tale, it's a creative perspective that uses gallows humor through moments of true vulnerability. Carol invites the reader into her confidence, laying bare her most raw and intimate revelations as an artist and a woman finding self-worth. It is a courageous, relatable story that will keep you turning the pages to the very end.

ABOUT THE AUTHOR

Carol Es has earned many honors during her career in the arts, including a Pollock-Krasner and the Wynn Newhouse award. Her work can be found in the Getty Museum, the National Museum of Women in the Arts, and MOMA. As a musician, she has worked with renowned producers, recorded with artists such as Rickie Lee Jones, and has toured North America. She lives in Los Angeles, where she enjoys studying cultural anthropology and spending time with her partner and their little gray woof-woof. For more info about her book or art, visit: ShrapnelInTheSanFernandoValley.com or esart.com.

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