



Frock Off: Living Undisguised

Jo Dibblee

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Frock Off: Living Undisguised "With parents tormented by secrets, guilt, and shame, Jo Dibblee quickly learned to protect herself. Faced with her parents' alcoholism, drug abuse, and depression, along with the sexual assault and stalking of an "upstanding" foster parent, Jo began, early in life, to use a coping strategy she now calls frocking. With humor and hope, Jo shares the harrowing rollercoaster of her life story and gives the low-down on frocking—how she learned it and used it to survive, how she found it holding her back and what she had to do to, once and for all, Frock Off. Despite harsh truths, brushes with death and agonizing betrayals, Jo's heart shines through these pages, offering promise, wisdom and inspiration to any reader who has learned to hide and longs to be free.

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