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Out of the Tunnel

By Rachel North

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Out of the Tunnel, Rachel North, Out of the Tunnel is the emotional and inspirational story of one woman's incredible experiences, her battle with, and victory over PTSD first time round and her remarkable ambition to use that experience to bring herself and her co-survivors out of the wreckage of carriage 1 on July 7th 2005. Dramatic and traumatic, Rachel North skilfully and grippingly entwines the trauma of a vicious rape attack in 2002 and the unimaginable horror of being a passenger in the first carriage of the underground train that exploded at Kings Cross on 7 July 2005. Barely recovered from the ordeal of a two-year trial that saw her attacker finally jailed in December 2004, Rachel was, by dreadful coincidence, reading the story of her rape in Marie Claire magazine when Germaine Lindsay detonated his bomb within a few feet of her. Remarkably, Rachel escaped without serious physical injury, but the images from the tunnel that day have remained seared in her memory. Rachel found therapy in writing about her ordeal and is author of a critically acclaimed blog, the content of which forms the basis of part of this...



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