

Already at the age of 8, Isabelle Müller went through hell

Dad used my worst fears to abuse me for years



Her father met Isabelle's mother Loan in Vietnam when he was in the military

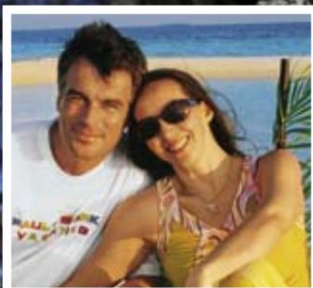
At the age of eleven, she celebrated her communion. It was the happiest day of her childhood – an exception



The sound of a zipper still makes her jump today.

Nevertheless, she forgave her father for all his torment. And now even found the strength to talk about it publicly

Isabelle Müller is rarely thoughtful anymore. Most of the time she laughs, enjoys life and is just happy



Through Stephan, she discovered love. The couple is happily married.



Her daughters Meliha (l., now 16) and Rebecca (r., 18) are her everything

play with dolls, Little girls should

Müller (46) would have wished for that too, but her childhood in Tours, France, turned out differently.

Courage. For the first time, Isabelle is speaking about how she was abused by her father as a child. She wants to encourage others and be a role model.

Because she knows: "You can still lead a happy life!"

Nightmare. "I was eight and home alone with my father,"

Isabelle recounts quietly. "Come here! I want to show you something," he called me. He opened his zipper and took out his penis. Then he forced me to touch him." The next few times, her father (now 75) escalated his abominations.

"I had to kneel before him ... A week later, he even stood behind me. The pain was too great to cry. I hated him!"

"Mom shouldn't go to jail"

Isabelle's father also often hit her. She received love only from her mother, Loan († 73), a warm-hearted Vietnamese woman. Nevertheless, Isabelle never confided in her. Instead, the girl tried to protect her mother.

"Mum would have killed him like her chickens in the coop-

I didn't want her to go to jail."

A new beginning. For nine years, she endured her father's torment and attempted suicide twice. Both failed. Her salvation came from karate lessons at 17. She was finally able to defy her tormentor, and he left her alone. Three years later, Isabelle went to Germany. In 2003, her mother died without ever learning the truth.

Normality made her healthy

Today, Isabelle lives near Pforzheim and has been happily together with her great love, Stephan (52), for 25 years. The interpreter has two daughters with him. "I've lived a healthy life through normality," Isabelle reveals with a smile. She has come to terms with the ghosts of the past and wrote a book about the hell of her childhood. Her father hasn't called since.

"I forgave him long ago." She drew strength for this primarily from her mother's life story. The uneducated woman demonstrated so much strength in her difficult life that she will always be a role model for her daughter Isabelle.



She processed her shocking experiences in the book "Phoenix Daughter", (Krüger Verlag, 17.95 €)