



## The Goddess of Undo

*Kat Drennan*

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## **The Goddess of Undo** Kat Drennan

Some things in this life can be undone and some cannot. The art is knowing the difference. When fifty-year-old Evie is hit with the Baby Boomer's nightmare, she steps up to rescue a mother who was never there for her. For the first time since she was three years old, Evie and her mother will live under the same roof. Evie is grateful to finally get to know the mother who had been little more than a beautiful visitor in her life. The child in Evie cries to be heard at last, while the woman in her takes on the challenge as a chance to undo the past, one heartache at a time. Betty struggles to live up to her daughter's expectations. Lord knows, it's about time. But as pieces of her mind fly away like petals in a windstorm, life simply doesn't line up the way it's supposed to anymore. The zhuum-zhuum in her head chants out a seductive mantra: It's time to go.

## **The Goddess of Undo Details**

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Author : Kat Drennan

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## From Reader Review The Goddess of Undo for online ebook

### Phyllis Krall says

Evie faces the hardest challenge of her life when she becomes the caregiver for her mother Betty. She tries to undo the past by trying to get to know her mom , who never was present in her childhood. Evie has to face the reality of her Mother's dementia and gets to know her all over again.

This book is beautifully written and gives the reader a real look at the thoughts and feelings of someone suffering with dementia. The struggle of the daughter/ caregiver is also revealed. Unconditional love between mother and daughter are evident throughout the book.

I was able to identify with Evie since I had a similar experience with my mother in her later years.

Although the book was heartbreaking, it was filled with humor and love throughout. I am so glad I received this book from Goodreads in exchange for an honest review!

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### Sally Crawford says

The Goddess of Undo by Kat Drennan is a beautiful book. The author has captured the difficult relationship between mother and daughter in life and on the way to death. This is one of the best descriptions I have ever read of the nightmare of caregiving with complete love.

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### Fiona says

Highly recommend this delightful read.

Although the book covers a difficult issue I didn't find the book a sad read. Moving, emotional and funny, but not sad. In many ways I thought it was a beautiful portrayal of the magic and strength of the mother-daughter relationship.

Lovely writing style, relateable characters and a subject likely to touch us all at some point (if it hasn't already).

When Evie's mother becomes unable to look after herself or her second husband, Vern, she brings her mother home, hoping to share the mother-daughter relationship she missed out on as a child. Initially she stays in denial as her mother's dementia deepens. As she struggles with the day-to-day reality a very special and moving relationship develops.

Lovely read.

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### Ryn Shell says

I was drawn to Kat Drennan's books by her biography. California is the perfect setting for the novel Goddess of Undo. I was able to relate both to the location and the character experiences. The story of estranged mother and daughter coming together with the mother needing the daughter in a similar protective way that the daughter had once needed a mother must be familiar to many.

I can see author Kat Drennan's books becoming classics if she continues as she has started as writer tackling some of the profound issues many of us face but find hard to articulate. I know that I've rarely spoken of how my mother failed to provide necessary protection for her children, and yet I stepped up to the task—as did my husband—knowing she'd been less than the ideal mother—and we both did it with love. With that in my background, I loved this story.

Here is a talented author writing of this issue that many daughters find hard to voice. This discovery path of what we can and cannot undo is a journey for all, and especially for daughters and aging mothers. There is a time when we must come to terms with who and what our mother is; a time to understand that our mother can never be the perfect goddess we might have willed her to be. Mothers, just like us, are human, and I for one am richer for my imperfect goddess of a mother who was so unlike society's expectations of what a mother should be. I've no regrets. I think that's what this book said to me. It might hold a different meaning for others; that's why books that delve deep into our core, as this book does, are great.

I loved that Kat Drennan explored this non-traditional mother-daughter relationship, and blasts the myth that mothers are all the nurturing type and daughters should be firmly bonded to their mother through all adult years. That is not the human reality for many.

As well as tackling interesting topics, Kat Drennan is an excellent writer. She creates page-turning stories that have you hooked until you finish the story.

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### **Beth Hale says**

Goddess of Undo is a story filled with characters you care about, issues that need to be faced, and the raw emotion that goes along with dealing with sick loved ones. I like how we get some of the story in Betty's POV—it shows the reader Alzheimer's through the eyes of the sufferer. We also see how those who love the person with the disease struggle to cope as well. This book made me want to grab my mother and hold her close. It's a poignant, well-written book that stays with you long after you finish it.

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### **Allison says**

I won this book from a Goodreads giveaway.

It is a great book that delves into complex issues. Evie's mother was never there for her, but as she reaches old age she finds herself in need of her daughter's care and forgiveness. Told beautifully through flashbacks and different points of view, we get to follow their journey as they try to mend their relationship and undo the damage of the past. If you're looking for a heartwarming story you should definitely pick this up.

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### **Michele says**

Why set a book in an area you don't know? The author lost my interest with the phrase "the encounter with road shrapnel on the 405 Freeway coming through Oceanside" in the first chapter. The 405 does not go through Oceanside" (CA). I know it's a small thing, but she's lost credibility with me. Does no one research any more??

### **Kristin says**

Told in dual Point of View by an aging mother and 50-yo daughter, this tale has some lessons to be learned about family, raising children and supporting aging parents. I thoroughly enjoyed the read! Maybe because some of the plot points hit home for me.

The author takes the reader inside a woman (Betty) who's suffering from dementia. We learn of her enchanting life as a younger woman and hardships of growing older. While her daughter (Evie) tells us what her childhood was like growing up without her vibrant mother. Evie is grateful to finally get to know the mother who had been little more than a beautiful visitor in her life.

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### **C.N. says**

This story is a very well written account of dealing with someone losing their mind to dementia. It doesn't help that Evie doesn't really know her mother, who has been mostly absent in her life. All of the things she wanted from her parent are what she now must supply to her mother instead. Anyone who has had a parent with dementia will relate instantly to what is happening here. It is not just being forgetful, that is only the tip of the iceberg. For some, rage is a part of it and that anger will be turned on family.

The descriptions of the locations and the vivid characterisation bring this to instant life. One can't but help root for Evie, who does her best for someone who wasn't around for Evie as a child. This is a book very difficult to put down.

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### **Kat Drennan says**

Following are three 5 star reviews from Readers' Favorite

Reviewed By Christian Sia

The Goddess of Undo by Kat Drennan is a heartwarming, beautifully written women's fiction laced with powerful currents of energy and lessons for every woman. Evie has not seen her mother since she was three years old. Now at fifty-five, she has a mid-life crisis to deal with and other unimaginable problems, and it is then that her mother resurfaces in her life, a mother whom she only remembers as one would remember a visitor with an attractive, unforgettable face. Life again with her mother reminds her of the child she had been, and the once abandoned child begins to crave love and attention. The question is: Can Betty, her mother, step up and meet her daughter's expectations or will she give in to the voice of her inner demons and flee again from her?

The Goddess of Undo is a very realistic, powerful story that deals with issues Baby Boomers encounter. Evie is a compelling character who will definitely inspire powerful emotions in readers. Evie is portrayed as anxious, uncertain, and hopelessly reaching out to a mother who could have been with her all her life, but who chose to leave her. The writing is beautiful, laced with powerful descriptions and a refined diction. Fast-

paced and utterly dramatic, it's a book that will hook readers from page one. Kat Drennan clearly did her homework and she comes across as a master in women's issues. I fell in love with the author's style, but what took my breath away was the psychological depth of the story. Highly recommended!

Reviewed By Deborah Lloyd

The Goddess of Undo by Kat Drennan is a memorable, touching story of Betty, the mother, diagnosed with Alzheimer's disease, and Evie, her baby-boomer daughter. Their relationship has always been distant, as Betty forged a glamorous life with her second husband, Vern. Her focus was traveling, playing golf and having a beautiful wardrobe, while visiting her daughter when it was convenient. Evie was raised by grandparents and always desired a loving and present mother. Recently Betty and Vern became experts at hiding their physical and mental declining conditions until an emergency struck. Evie, with the support of her husband Robert, step in to provide caregiving, taking over financial matters and eventually selecting the right facilities. At the same time, Evie has to deal with the emotional baggage of her relationship with her mother while Betty is struggling to keep her identity, with changes in her memory and cognitive skills.

This book is very well-written; the story is engaging and thought-provoking. The reader is transported with ease to lovely southern California scenery, to well-kept assisted living facilities, to mid-century life. The author seamlessly integrates past memories with present events. The plot is realistic as Evie struggles with difficult decisions while trying to juggle jobs, her marriage, exercising, and other practical matters. The reader is introduced to the complicated issues today's elderly and their adult children face. Kat Drennan's novel, *The Goddess of Undo*, is a challenging, yet heart-warming story. It will resonate with anyone who is dealing with caregiving for elderly parents, dementia, loss and grief.

Reviewed By Lisa McCombs

Betty was Compton College's Glamour Girl. She was always fixed up and ready to impress. That was the mother image that Evie was certain would always be there, even when she was too busy to really be there. Betty and Vern epitomized a glamour couple, unlike the parents of Evie's classmates. They travelled to exotic lands, played golf with important dignitaries, and dined amongst the beautiful people. Evie tried to fit in, but knew that she never really belonged in that lifestyle. When Vern's age caught up with his mind, Evie realized that her mother needed to be near her only family. But it isn't only Vern whose mind has failed him. While his joy is unhindered, Betty fights to reclaim the days of her youth, while denying the woman in the mirror.

The Goddess of Undo by Kat Drennan is a heart-wrenching story of the sad fate of many people in the world. As we watch Betty fall deeper into the dark world of dementia, our own mortality is slammed in our faces. Drennan speaks of Alzheimer's and elderly dementia in a realistic, relatable voice that makes the reader question the focus of this piece. I see *The Goddess of Undo* as a therapy session for the author; as if she is tackling these very issues with a loved one at the time of writing. Kat Drennan has found her voice with this priceless tale of what once was and what is now. Such a powerful piece!

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### Catherine says

I really liked this book. It revolves around a woman who was never close with her mother until her mother gets sick and dies. It was easy to read and enjoyable and a "page turner". I received this book free from Goodreads.

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## **Rebecca says**

This story is told from the perspective of both the daughter as she deals with the deterioration of her mother's mind (and body), and also from the mother's view as she struggles with fading in and out of her life. Some events are funny, but heartbreakingly sad at the same time. There are many touching statements throughout the story. One in particular that gives a glimpse into what a person with dementia feels follows:

"It had seemed like days since she had occupied her own body and her own mind. She had been wandering, dreamlike, knocking on doors that would not open with someone else's hands on the ends of her wrists. Her mind had been circling, rising up to the surface, glimpsing unfamiliar territory, then diving down, down to the safety of the memory anchors of her past."

Very touching, emotional story, especially for anyone who's watched a parent slip away for any reason.

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## **Jennifer says**

THE GODDESS OF UNDO, BY KAT DRENNAN

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Kat Drennan sent me a book review request for this amazing novel, *The Goddess of Undo*, a few weeks ago. What struck me about the synopsis was that it was dealing with a mother having dementia and the aging process, but also that it pertained to a strained (at best) mother/daughter relationship prior to the mother's onset of dementia. Initially, I was scared to read this novel due to my being estranged from my own mother, however, I know that my own mother has been fighting this fight with my grandmother for many years, so I decided to give it a try. I flew through this book in a few hours and afterwards realized that I could relate to a great deal, from previous visits to a nursing home to see my grandmother, but also, that I hadn't fully realized the internal and external battles that my mother has fought since my grandmother became ill.

Drennan's novel is the story of Evie (married to a fabulous man, Robert), living in Ojai, working, and starting a new business. Her world is suddenly turned upside down when she is notified that both her mother and stepfather are in a hospital in San Diego. What the author refers to as a "double implosion" is the realization of and sudden responsibility to attend to and find the best care for two aging parents. First, Evie must get her stepfather settled into full-time nursing care, while bringing her mother home to live with her and her husband. She finds a place her mother likes and moves her into there, but her condition digresses to the point that she must admit her mother into the same full time nursing facility as her stepfather. The difficult part of this novel is the enormous guilt that weighs upon Evie, despite the fact that her mother and stepfather never allowed her to live with them, saw them when convenient, and basically had no investment in Evie's life. This story progresses as Evie gives all of herself that she can, while her career fails and her personal life is strained. However, Evie seems to find her own comfort and inner peace taking care of her mother, despite the lack of care she received as a child.

This novel poses quite a few questions regarding guilt and obligation in caring for an aging parent. How much of yourself do you sacrifice for their care, especially when they never cared for you? What is an adult

child's obligation to care for a deteriorating parent? Most importantly, where on earth does the inner strength come from that is necessary to care for a parent?

So, this is not an upbeat, happy novel, but has a few humorous moments (especially if you've experienced a family member with Dementia), because sometimes, all you can do is laugh. However, I think that this novel provides that "person" that understands what they have endured with an aging parent. This novel is a well-written, to the point story that many can identify with, or will in the future. Drennan's writing lifts the reader into the novel where you can see, hear, and smell everything being described. It's as if she isn't telling a story to you, but bringing you into the story as a character. I applaud Kat Drennan for writing such an amazing novel and highly recommend this novel. I cannot wait to read more from her in the future!

Want to know more about the author? Visit: <https://katdrennan.com/>

\*I received this novel from the author in exchange for an honest review.

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### **Lucretia says**

This is such a heartwarming, beautiful story. I felt myself relating on so many levels. My elderly mother now lives next door to me after decades of being several states away and totally out of touch. My own inner child reacts to the situation in ways different than my adult does and seeing that portrayed on the pages was touching and eye opening. In addition to the new responsibility with her mother, Evie is also dealing with life and the issues that it tosses at you on a regular basis. The realism in the emotion is unreal, too real, so powerful and profound. I enjoyed getting to feel the story through the different perspectives.

Is it too late to undo the mistakes of the past?

The pacing is fast, gripping, and demands your attention. Descriptions bring the story to life and the characters, especially Evie are the kind that will stay with you.

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### **Barb says**

This is a subject that is effecting more and more families and denial is often the first thing that occurs before really facing what must be done. Luckily, in this story money for care was not a concern. In reality, that is not the case for most families which makes decisions more difficult to make. This was a good story about a woman faced with what to do with her parents as dementia began to take over their lives.

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