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by. Tina McGuff. 3.98 · Rating details · 139 ratings · 8 reviews. "I can tell you exactly the day it all went wrong—the day my mum attacked my dad with a kitchen knife. In those few, short seconds, a black hole opened up in my life and I fell right in."

Seconds to Snap: One Explosive Day. A Family Destroyed. My ...

Tina McGuff's life was perfect - or so she thought. Living in Dundee with her devoted parents and three younger sisters, she was

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a happy, healthy, and confident thirteen-year-old. But all that changed in one horrifying act of revenge and Tina's world collapsed overnight. Terrified, lost and confused, she turned to the one thing she thought she could control - food.

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