

MY  
FATHER

MY  
MONSTER



# My Father My Monster Free

**Rachel Sandford**

## **My Father My Monster Free:**

**My Father, My Monster** McIntosh Polela,2011 Bright articulate and charismatic former journalist and police spokesman McIntosh Polela has been on African television screens for many years But behind a dazzling career Polela s troubled past haunts him When he was a child both his parents disappeared leaving him and his sister Zinhle to suffer years of abuse The story of Polela s journey to uncover the truth this candid autobiography shares the journalist s turmoil as he confronts his father about his mother s brutal death and faces the worst dilemma a son can ever confront How can he possibly forgive when his father remains a remorseless cruel and heartless murderer [The Complete Duplicity Trilogy](#) Bella Faust,2025-10-27 THE COMPLETE DUPPLICITY TRILOGY INCLUDING A BONUS NOVELETTE IS NOW AVAILABLE TO BINGE READ That s six books of realistically dark traudemption romance brimming with angst betrayal and lust set within a love triangle that everyone but the three stubborn souls involved saw coming years ago Full of intense emotional themes that dark romance readers adore including forbidden age gap love triangle why choose strong heroine fake relationship obsessed hero arranged marriage and second chance tropes If you are a fan of heartbreak and redemption and enjoy a good grovel from your morally grey heroes the Duplicity Trilogy will tick all of your boxes PREQUEL CRAVING CONTROL Previously banned this 90 000 word dark and steamy psychosexual thriller is the prequel to Bella Faust s Duplicity Trilogy For years my proclivity to torture the less fortunate for sport was Inadale s best kept secret I hazed I hunted I hurt whomever I wanted It was my birthright as the grandson of an Irish mob boss and my natural born talent as a diagnosed obsessive compulsive with an antisocial personality disorder that manifests as psychopathic tendencies Whereas my diagnosis was a mouthful the list of my unpunished crimes was even longer I was the Crown Prince My status Untouchable Until Lysander Mayberry mounted a rebellion that destroyed my knee and my reputation in one fell swoop Now I m a man on the search for vengeance and I ve found it in the form of Sander s twin sister She is outwardly innocent Indifferent to the prestige attached to my last name Clueless to the depravity of the underworld that our families inhabit The perfect pawn in our battle for supremacy After all in a world where the Maddison clan and the Black Shamrocks MC are natural born enemies there are only two possible ways for this battle to end Kill or be killed BOOK ONE TEMPTING FATE Five years ago I played a stupid game and just like the adage warns I won a stupid prize A lifetime supply of trauma Caught in the crossfire of an underworld battle that I wasn t privy to until it was too late I have found solace in the arms of my first love and peace in my deepening bond with my fianc s best friend Between Zeke and Slash I am over protected a little sheltered but mostly happy My dad s motorcycle club acts as my buffer from reality The escapades of my friends and my four brothers keep me safely entertained within my comfortable bubble Life is simple Life is good Until my violent ex boyfriend is released from prison and our lies and secrets blow up in our face once again Zeke leaves me Slash declares his love And I find myself caught in the middle of another stupid game BOOK TWO MAKING CHOICES After losing my innocence my pregnancy and my fianc in the same horrible night I can feel myself

sinking into despair Alex's voice echoes in my brain He reminds me that I'm poisoned That he is inside me and I'll never be free of him not even in death One man keeps my head above water through it all My ex fianc's best friend Slash is my strength and my safe harbour in a world that I no longer trust Which is why I rebuff his declaration of love and his request that I choose him over Zeke I love them both Different but equal Choosing between them is impossible Until Zeke is arrested for a murder that I committed and the only way to save him is to do the one thing I swore I wouldn't Choose Slash **BOOK THREE SEIZING CONTROL HEARTBREAK** The main caveat of the Trinity's new alliance with the Black Shamrocks MC is clear My union with Slash must bear fruit or Zeke will die This requirement is the motivation behind my wedding vows The reason I endure the Trinity's horrific ritual My justification for continuing to uphold the promises I made to the two men I love even as I acknowledge that I've been set up to fail them both Until the news of Zeke's untimely demise is announced and my reason for marrying Slash dies with him Now I am pregnant Paternity unknown Wed to a man who hates me for my inability to love him most while our family's survival hinges on our capacity to make the Trinity believe that our broken marriage is real **BOOK FOUR SEIZING CONTROL AWAKENING** With my newborn son to protect and an unexpected pregnancy with twins to endure my patience for my husband's ongoing absence is fast dwindling Life continues to slap me upside the head with repercussions from the mistake I made at seventeen My flagging hope for our marriage merges with my grief keeping me trapped between my past and my future Until a midnight visitor dumps my life on its head and I discover that I'm at the epicentre of a miracle My first love's resurrection coincides with Slash's long awaited return and their attitude toward the other's presence devolves into a lesson in contrasts On one hand my husband demands a divorce a clean break that also includes his son Determined to return to my bed Zeke promises that he'll never leave me again even if he can't publicly claim me just yet Captive to duelling desires I'm left to decide if I should trust a ghost and let my husband go or fight for a future with them both **BOOK FIVE SEIZING CONTROL REDEMPTION** Sick of being tormented by the schemes of my conniving first love and my devious husband I've demanded time and space to think Six months to find my feet as a mother of three before I'm forced to face the fact that I'm in love with two lifelong best friends turned rivals Their lies and secrets have put me in the middle for too long and a grace period to adjust to my new reality is sorely needed Understanding that the danger we face renders space impossible I double down on my request for time Slash and Lazarus begrudgingly agree So for weeks we exist in the same home Doting on our children together Dancing around the lust growing between us Denying the truth that will set us free They push for more I refuse to bend Because I want them together While they want me separately Leaving us trapped in the midst of duplicity and rekindling wondering if we will ever find peace or if we are destined to spend the rest of our lives at war with our hearts **BONUS NOVELETTE SUBMITTING LILY** A bonus novelette told from Lily Slash Lazarus points of view It's the night before Christmas and all through the house not a person is stirring except for Lily's husband and her first love The two men are on a mission one that the woman they love outlined in a letter more than a year

before At the time Lily believed she was purging her thoughts in an attempt to grieve the impossibility of loving two men different but equal Tonight Slash and Lazarus will make that dream a reality A down and dirty reality Reader discretion is advised as this dark traudemption romance saga contains potentially triggering content Please also be aware that this story is set in Australia and is written in UK English with liberal use of Aussie slang and vernacular [Duplicity Trilogy: Books 1-3](#)

Bella Faust,2025-10-27 The biker princess Her vicious fianc His best friend A love triangle of Shakespearean magnitude This box set contains over 1 300 pages of realistically dark traudemption romance brimming with angst betrayal and lust set within a love triangle that everyone but the three stubborn souls involved saw coming years ago Full of intense emotional themes that dark romance readers adore including forbidden age gap love triangle why choose strong heroine fake relationship obsessed hero arranged marriage and second chance tropes PREQUEL CRAVING CONTROL Previously banned this 90 000 word dark and steamy psychosexual thriller is the prequel to Bella Faust s Duplicity Trilogy For years my proclivity to torture the less fortunate for sport was Inadale s best kept secret I hazed I hunted I hurt whomever I wanted It was my birthright as the grandson of an Irish mob boss and my natural born talent as a diagnosed obsessive compulsive with an antisocial personality disorder that manifests as psychopathic tendencies Whereas my diagnosis was a mouthful the list of my unpunished crimes was even longer I was the Crown Prince My status Untouchable Until Lysander Mayberry mounted a rebellion that destroyed my knee and my reputation in one fell swoop Now I m a man on the search for vengeance and I ve found it in the form of Sander s twin sister She is outwardly innocent Indifferent to the prestige attached to my last name Clueless to the depravity of the underworld that our families inhabit The perfect pawn in our battle for supremacy After all in a world where the Maddison clan and the Black Shamrocks MC are natural born enemies there are only two possible ways for this battle to end Kill or be killed BOOK ONE TEMPTING FATE Five years ago I played a stupid game and just like the adage warns I won a stupid prize A lifetime supply of trauma Caught in the crossfire of an underworld battle that I wasn t privy to until it was too late I have found solace in the arms of my first love and peace in my deepening bond with my fianc s best friend Between Zeke and Slash I am over protected a little sheltered but mostly happy My dad s motorcycle club acts as my buffer from reality The escapades of my friends and my four brothers keep me safely entertained within my comfortable bubble Life is simple Life is good Until my violent ex boyfriend is released from prison and our lies and secrets blow up in our face once again Zeke leaves me Slash declares his love And I find myself caught in the middle of another stupid game BOOK TWO MAKING CHOICES After losing my innocence my pregnancy and my fianc in the same horrible night I can feel myself sinking into despair Alex s voice echoes in my brain He reminds me that I m poisoned That he is inside me and I ll never be free of him not even in death One man keeps my head above water through it all My ex fianc s best friend Slash is my strength and my safe harbour in a world that I no longer trust Which is why I rebuff his declaration of love and his request that I choose him over Zeke I love them both Different but equal Choosing between them is impossible Until Zeke is arrested

for a murder that I committed and the only way to save him is to do the one thing I swore I wouldn't Choose Slash Reader discretion is advised as this dark traudemption romance saga contains potentially triggering content Please also be aware that this story is set in Australia and is written in UK English with liberal use of Aussie slang and vernacular     **Craving Control** Bella Faust,2025-01-09 Previously banned as an ebook on Amazon Apple Books and Draft2Digital this 90 000 word dark and steamy psychosexual thriller is the prequel to Bella Faust's Duplicity Trilogy A brutal love story Craving Control is the tale of one man's battle against his obsessive tendencies and one woman's fight to survive him For years my proclivity to torture the less fortunate for sport was Inadale's best kept secret I hazed I hunted I hurt whomever I wanted It was my birthright as the grandson of an Irish mob boss and my natural born talent as a diagnosed obsessive compulsive with an antisocial personality disorder that manifests as psychopathic tendencies Whereas my diagnosis was a mouthful the list of my unpunished crimes was even longer I was the Crown Prince My status Untouchable Until Lysander Mayberry mounted a rebellion that destroyed my knee and my reputation in one fell swoop Now I'm a man on the search for vengeance and I've found it in the form of Sander's twin sister She is outwardly innocent Indifferent to the prestige attached to my last name Clueless to the depravity of the underworld that our families inhabit The perfect pawn in our battle for supremacy After all in a world where the Maddison clan and the Black Shamrocks MC are natural born enemies there are only two possible ways for this battle to end Kill or be killed Reader discretion is advised as this dark and gritty psychosexual thriller novel contains potentially triggering content Please also be aware that this story is set in Australia and is written in UK English with liberal use of Aussie slang and vernacular

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