Contents

- My Crumbling World
 My Childhood on the Outskirts of Vienna
- What Could Happen Anyway?
 The Last Day of My Old Life
- Hoping in Vain for Rescue 47
 My First Weeks in the Dungeon
- 4. Buried Alive 78
 The Nightmare Begins
- 5. Falling into Nothingness 104
 How My Identity Was Stolen
- 6. Torment and Hunger 126
 The Daily Struggle to Survive
- 7. Caught Between Visions of Madness and a Perfect World 145
 The Two Faces of the Kidnapper
- 8. Rock Bottom 164
 When Physical Pain Eases the Psychological Torment
- Afraid of Life 179
 My Psychological Prison is Complete
- 10. For One, Only Death Remains 206My Escape to Freedom

Epilogue 233