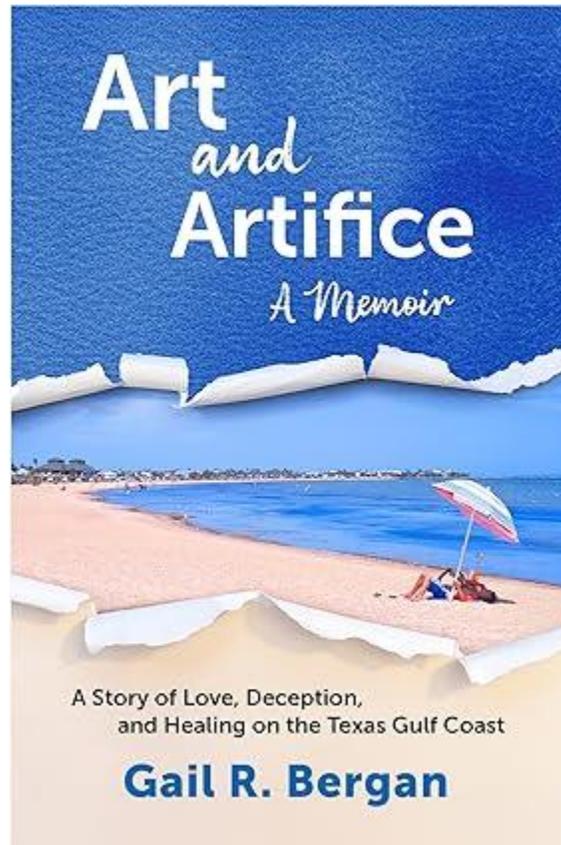


## Arts and Artifice



By Gail R. Bergan

Reviewed by Elena S. Smith

*Art and Artifice* is a powerful exploration of love, illusion, and the slow, courageous journey toward self-restoration. In this compelling memoir, Gail lays bare the emotional devastation of a woman ensnared in a marriage built on well-concealed manipulation and deceit. Her story will resonate deeply with women who have struggled to reclaim their self-respect after enduring psychological and emotional abuse.

Through vivid, unflinching honesty, the memoir traces the protagonist's desperate hope for happiness—her refusal to see the mounting red flags, her faith in a love that was never real but rather a calculated act of “love bombing,” designed to control and confuse. What emerges is both a confession and a warning: a reminder

to women everywhere that vulnerability is not weakness, but trust must be earned—and self-worth must never depend on a man’s approval.

The story is relatable as many women’s hearts are eager to forgive and are open to another chance. Will it work in this story? You’ll have to read it to find out.



*Page created 12/20/2025 dam*  
©2025 [www.spokaneauthors.org](http://www.spokaneauthors.org)