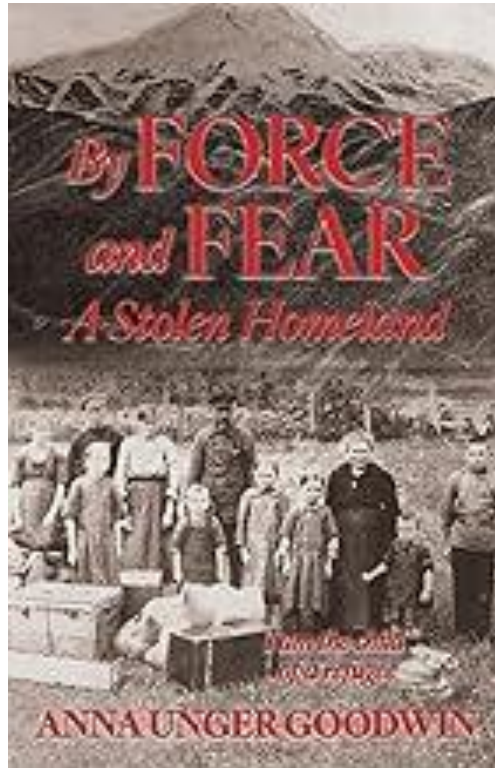


By Force and Fear: A Stolen Homeland



by Anna Unger Goodwin

Reviewed by Joan Kopczynski

According to Anna, the book is “based on the true stories of Chnals, a twelve-year-old German Russian boy with unusual faith and courage in desperate times.” The theme of the book is finding faith and freedom in a chaotic world.

I love that it is only 207 pages, but this memoir is remarkable, especially because of the way it is written and also that it is written from the viewpoint of a psychotherapist who has helped people overcome PTSD. In each chapter, Anna relates her experience in how she came to know her father’s deeply traumatic life (he suffered from PTSD because of his life experiences) and also the many memories he told that happened in a troubled time of Russian history. After that, Anna writes in novel form, what actually happened to her father. At the end of many chapters, she drops a bomb or twist for the reader. This format kept me turning pages. I am

not familiar with Russian history, and although early on in the book, she recounts the history of the German people in Russia, I kept wondering throughout the book what was going on with the leaders of Russia while her ancestors tried to escape. I wanted more history throughout but was satisfied at the end where she said that Lenin died in January 1924 and Stalin took over and she told what happened because of it.

It is truly a remarkable book and page-turner. I highly recommend it. You won't be disappointed.



Page created 06/02/2026 dam
©2026 www.spokaneauthors.org