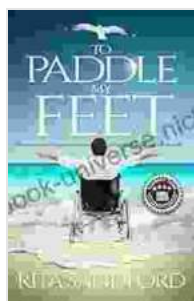


To Paddle My Feet: Rita Sandford's Journey to Discover Her Family's Past and Herself

Rita Sandford's memoir, *To Paddle My Feet*, is a powerful and moving account of her journey to uncover her family's history and her own identity. Through interviews with her relatives and extensive research, she pieces together a complex and often painful past, while also coming to terms with her own struggles and triumphs.



To Paddle My Feet by Rita Sandford

★★★★☆ 4.3 out of 5

Language	: English
File size	: 6323 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 309 pages
Lending	: Enabled



Sandford was born in England in 1954, the daughter of a Jamaican father and an English mother. Her father left the family when she was young, and she was raised by her mother and stepfather. As a child, Sandford was often taunted by her peers for her dark skin and her Jamaican heritage. She longed to know more about her father and her family's history, but her mother refused to talk about it.

After her mother's death, Sandford began to research her family's past. She interviewed her aunts and uncles, and she pored over old letters and documents. She learned that her father had been a jazz musician who had toured the world. She also learned that her family had a long history of slavery and discrimination.

Sandford's journey to uncover her family's history was not easy. She faced resistance from some of her relatives, and she had to confront some painful truths. But she was determined to learn the truth, and she refused to be silenced.

In *To Paddle My Feet*, Sandford shares her story with honesty and courage. She writes about the challenges she faced growing up as a bi-racial child in England. She writes about the pain of losing her father and the struggle to find her place in the world. But she also writes about the love and support of her family and friends. And she writes about the power of hope and resilience.

To Paddle My Feet is a story of self-discovery and belonging. It is a story about the importance of family and the power of forgiveness. It is a story that will inspire readers to embrace their own identities and to never give up on their dreams.

Interviews with Rita Sandford

In addition to writing *To Paddle My Feet*, Rita Sandford has also given several interviews about her journey. In an interview with the BBC, she said:



“I wanted to understand why my father left. I wanted to know why my mother never talked about him. I wanted to know who I was.”

In another interview, with the Guardian, Sanford said:

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“Writing *To Paddle My Feet* was a way for me to come to terms with my past and to find my own voice. It was a way for me to heal.”

Reviews of *To Paddle My Feet*

To Paddle My Feet has received critical acclaim. It was shortlisted for the Costa Book Award and the PEN/Ackerley Prize. It was also named one of the best books of the year by the New York Times, the Guardian, and the Independent.

Here is an excerpt from a review by the New York Times:

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“Sanford's memoir is a powerful and moving account of her journey to uncover her family's history and her own identity. It is a story that is both personal and political, and it sheds light on the complex and often painful history of race and class in England.”

Here is an excerpt from a review by the Guardian:



“To Paddle My Feet is a beautifully written and deeply moving memoir. It is a story of love, loss, and resilience. It is a story that will stay with you long after you finish reading it.”

To Paddle My Feet is a powerful and inspiring memoir that tells the story of one woman's search for self-discovery and belonging. It is a story that will resonate with readers of all backgrounds.



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