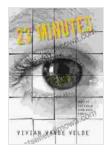
# "23 Minutes": A Haunting True Story of Kidnapping, Survival, and the Strength of the Human Spirit



#### 23 Minutes by Vivian Vande Velde

★ ★ ★ ★ ★ 4.5 out of 5 Language : English File size : 1039 KB Text-to-Speech : Enabled Enhanced typesetting: Enabled Word Wise : Enabled Print length : 165 pages Paperback : 52 pages Item Weight : 2.88 ounces

Dimensions : 6 x 0.12 x 9 inches

Screen Reader : Supported



In the annals of true crime, the kidnapping of Vivian Vande Velde stands as a chilling reminder of the darkness that can lurk within the hearts of men. On August 2, 1980, the young college student was abducted from her apartment in Berkeley, California, and thrown into a nightmare that would test her very limits.

For 23 agonizing minutes, Vivian was held captive by her kidnapper, Joseph James DeAngelo, a man who would later be revealed as one of the most notorious serial killers in American history. In those harrowing moments, she endured unspeakable horrors, her life hanging in the balance.

But even in the face of such unimaginable cruelty, Vivian refused to give up hope. With a strength of character that defied comprehension, she fought back against her captor, clawing and kicking with all her might. Finally, in a desperate act of defiance, she hurled herself out of the car, rolling and tumbling into freedom.

Vivian's harrowing ordeal did not end there. She was severely injured and traumatized, and the scars of that night would forever remain with her. Yet, through it all, she persisted, determined to rebuild her life and reclaim her sense of self.

In the years that followed, Vivian dedicated herself to raising awareness about the plight of kidnapping victims and to helping others who have endured similar traumas. She founded the non-profit organization Crime Victims United, which provides support and resources to victims of violent crime.

Now, in her powerful and moving memoir, "23 Minutes," Vivian shares the full story of her kidnapping and escape for the first time. Her raw and unflinching account is a testament to the indomitable spirit of a woman who overcame adversity with courage, determination, and grace.

"23 Minutes" is more than just a true crime story. It is a story of survival, resilience, and the power of hope. It is a story that will haunt you long after you finish reading it, and a story that will inspire you to never give up, even when faced with the darkest of challenges.

#### **About the Author**

Vivian Vande Velde is a survivor, a victim advocate, and the author of the memoir "23 Minutes." She is the founder of Crime Victims United, a non-profit organization that provides support and resources to victims of violent crime.

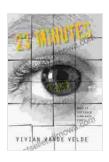
Vivian has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Oprah Winfrey Show. She has also spoken before Congress and at universities across the country about the importance of victim advocacy and the need for reform in the criminal justice system.

Vivian's work has helped to raise awareness about the plight of kidnapping victims and has inspired countless others who have endured similar traumas. She is a true champion for victims' rights, and her story is a powerful reminder of the strength of the human spirit.

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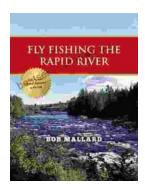
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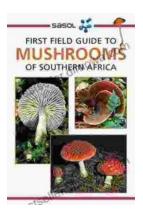
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