



## I Survived Ted Bundy: The Attack, Escape & PTSD That Changed My Life

*Rhonda Stapley, Ann Rule (Foreword)*

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**I Survived Ted Bundy: The Attack, Escape & PTSD That Changed My Life** Rhonda Stapley , Ann Rule (Foreword)

She was an innocent Mormon girl. He was America's most notorious serial killer. When their paths crossed on a quiet autumn afternoon, he planned to kill her. But *this* victim had an incredible will to survive and would live to tell her story nearly three decades after he met death in a Florida electric chair.

Ted Bundy brutally attacked Rhonda Stapley in a secluded Utah canyon in 1974. She miraculously escaped and hid her dark secret until now. This compelling real story of triumph over tragedy is both shocking and inspiring and told with the true courage of a victim turned survivor. (Foreword by Ann Rule)

When she appeared on his show, Dr. Phil McGraw told Rhonda, "This book will save lives."

## I Survived Ted Bundy: The Attack, Escape & PTSD That Changed My Life Details

Date : Published April 24th 2016 by Galaxy-44 Publishing, LLC

ISBN :

Author : Rhonda Stapley , Ann Rule (Foreword)

Format : Kindle Edition 201 pages

Genre : Crime, True Crime, Nonfiction, Psychology, Biography Memoir, Mystery



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# From Reader Review I Survived Ted Bundy: The Attack, Escape & PTSD That Changed My Life for online ebook

## Julie Yoney says

### PTSD can be debilitatating

Very interesting and informative. Kept me reading from start to finish. Thank you for writing this book. I'm sure it will help many going through PTSD knowing they are not alone.

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## Terri says

Rhoda was attacked by Ted Bundy while in college in Utah. She got away and never told anyone. Supressed the crime in her head and emotionally. Only years later it bubbled up and she had to face her experience and learn to heal. This book is about Bundy and his horrors. It is more about trauma though. About surviving and trauma and healing. It is a remarkable story of a remarkably strong woman

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## Rebecca McNutt says

It was the psychedelic Seventies, 1974 to be exact, and 21-year-old Rhonda Stapley was going to the prestigious University of Utah to study pharmacy. When a charismatic guy with a cheerful smile offered to give her a lift after she missed the bus, she didn't suspect anything. After all, how could she have known that she was hitching a ride with America's most notorious serial rapist and murderer?

This incredible, empowering book tells the tale of a woman who survived being sadistically abused and nearly killed by Ted Bundy, but what it's really about isn't Bundy's acts upon her - it's about her resulting PTSD and mental health problems that followed her for many years after her escape, and it's about the courage it took for her to overcome her fear, shame and trauma and come forward with her story. Written with honesty, hindsight and depth, Stapley's book will hopefully be read by many more people and inspire them to talk to the police if anything similar happens to them. The story of Bundy's evil and the woman who refused to submit to it is a disturbing one at times, but one that needs to be told.

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## Gina says

The book has what looks like kind of a cheap publishing job (like proofs for a print-on-demand when you self-publish), so I was a little skeptical. Ann Rule having written the foreword was a point in its favor.

The story itself was told well. It is interesting and Stapley has an easy to read style. Her book should be valuable for others struggling with PTSD.

There were two things that I found especially interesting. One is in the foreword. Rule recounts the murder

of a woman (along with her child and neighbor) who testified against her attacker and was not informed of his later release. Horrible enough on its own, the number of rapes reported dropped dramatically after the story was widely reported. It felt important, especially in light of Stapley's own delay in revealing her attack: there are a lot of pressures out there and that should be treated with compassion and understanding, not guilt.

The other part is when Stapley's therapist is breaking down the extent of her trauma, which she has consistently tried to minimize.

Things that made it worse included the repetition in having to face death (Bundy kept nearly killing and then reviving her to prolong the torture), it being a personal attack rather than something suffered for a cause, a lack of support (partially due to no one knowing, but also that the handful of other survivors had escaped very early, not enduring the torture, or had been injured greatly enough to wipe out memories), and that Bundy's two escapes from custody always made it seem possible he could come back.

I imagine that for an analytical mind a breakdown like that could be helpful, but also I hope we can learn things from it to better support other trauma survivors. If nothing else, at least we can offer support.

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### **Valerity (Val) says**

After just recently finding out about this book, I got it and read it. The foreword by Ann Rule was a surprise and a delightful one. RIP Ann, you are missed. The book is a testament to the woman who wrote it, and what a survivor she is. Rhonda Stapley, when she was going to college in Salt Lake City, Utah in 1974, had a life-changing encounter with Ted Bundy one day while waiting for a bus. With her jaw hurting from dental surgery, she just wanted to get home. The bus was late, and when an attractive guy in a VW bug stopped to ask her if she needed a ride, and said he was going to the same place she was headed, she accepted.

That good looking guy turned out to be Ted Bundy, and she nearly lost her life that night. She resolved that no one would ever know that she'd been so foolish to get in a stranger's car and have this happen to her. She made up a cover story and laid low to hide her injuries, blaming part of her bruises on the dental surgery and avoiding people and missing classes for awhile. Despite the huge trauma, she managed to graduate and become a licensed pharmacist. After a rough period of reckless behaviors where she went out running alone at night to try and quiet her panic and battling through a dependency on drugs, Rhonda eventually managed to build a good life with a husband and 2 daughters and a job she loved. And then one day it all came tumbling down when her boss screamed and berated her over the phone. It brought the whole nightmare back to her, throwing her into an awful tailspin.

This book shares how she got through it all with the help of a great counselor, and dealt with the PTSD that was destroying every aspect of her life. It was threatening her job as an assistant pharmacy manager, her long term marriage, her belief in her Mormon religion, and her relationships with family and friends. It was heartbreakingly reading about all that she went through, it really devastated her life for a long while, and in ways it took her decades to begin to understand, and is probably still working on it to this day. But she's still here, and Bundy sizzled out long ago, so she gets the last laugh on him. Him with his cocky attitude that he can take her to the brink of death repeatedly, just for his sadistic kicks, then jerk her right back into this world as she started to expire. Like a game made just for him.

I found the book moving, terrifying, and very enlightening. I commend Rhonda Stapley for her incredible bravery, then and now.

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### **Denise Spicer says**

A first person account of a young Mormon woman, a pharmacy student in Salt Lake City, who alleges she was viciously attacked by Ted Bundy, almost killed, but escaped and survived. Burying the awful memories for decades while she went on to live a normal happy life, her eventual PTSD symptoms and subsequent psychiatric therapy led to her facing those memories and writing a book about it. Most of this book is a memoir of her life after the attack by Bundy. Though she does describe the gory details; it also covers her life as pharmacist, wife and mother.

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### **Jan Rice says**

Quick read. Powerful story of someone who actually survived this monster and the lifelong effects of his ruthless attack and the secret she kept. Details come with warnings...are not under- or over-played. Every young girl should know about "Ted" in order to be informed and on the lookout.

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### **Cynthia Sillitoe says**

Riveting, though there are a few things I wish she'd addressed.

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### **Passenger B. says**

Review deleted for now since the more evidence surfaced and more questions arose - on top of the way Stapley conducted herself when being \*asked\* further questions about her story - I feel that my review needs a serious re-write.

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### **Kayli Nagel says**

This book is so important. Don't be confused by its length. It packs millions of emotions in its pages. It's sad to know that culturally we were ever at a place where a rape victim could be treated as a perpetrator . It is sadder still that old ideology still exists. No matter what a woman wears, no matter if she is alone when she shouldn't be, no matter what women don't deserve to be raped. No one deserves to be raped or should be blamed for the act. It is the rapist who is at fault.

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### **teleri llinos says**

**"She was an innocent Mormon girl. He was America's most notorious serial killer. When their paths crossed on a quiet autumn afternoon, he planned to kill her. But this victim had an incredible will to**

**survive and would live to tell her story nearly three decades after he met death in a Florida electric chair."**

Reading this book interested me as I often read about the killers and not how the victims are affected. I do hope Rhonda is telling the truth and is not trying to make money of Bundy's name, however, I can't quite shake the feeling that she may be lying. Whoops. Like many books, I did find parts of this book boring and truly felt like she could have toned down on the description. Like when she mentioned that guy, "Adam" I believe he was called, she went into what felt like an awful lot of detail just to say that her roommate flirted with him and he called me ice cold and she never saw him again.

I also feel like she was trying to build up tension around the whole Bundy assault topic, as when talking with David she would mention it and it would finally seem like she was about to go into detail about what Bundy did and then back out at the last minute. I understand that was her PTSD, and anxiety and she felt like she couldn't deal with it at that time, but it also left me a little annoyed that she was dragging it out. The book was twenty-nine chapters long with a before and after bit, but I honestly felt with the amount of detail she went into, she shouldn't have ended it where she did. I feel like it kind of cut off. She just visited where the attack had happened and she spent three chapters saying she didn't want to go there and then she was describing her visit in what, two pages, and then it was going home, have dinner and end the book.

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### **Hanna Snow Mueller says**

This book touched me so deeply. And the author even responded to the emails I sent her which meant the world to me!

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### **Jill Mccracken says**

HOLY MOLY!

That missing piece that bugged you-- not knowing what Ted Bundy actually did. Oh, you knew he's a psychopath, he's a terrible guy, serial killer-- but, there was only one escapee--and she escaped quickly. Not Rhonda.

Rhonda tells us, with great pain and angst, what happens when you are Ted Bundy's victim.

She explains her life, who, when, where, and what-- but at her pace. This is a life we are talking about. Rhonda suffers from PTSD-- and you also learn a GREAT deal about this as well. Incredible. She is my heroine!

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### **Shelby says**

I really admire Stapley's courage! It takes a lot for a survivor to come forward and admit that they were attacked, but it is a whole different level of bravery to come out with details! This is a good read for anyone wanting to understand PTSD and for individuals who are interested in the Bundy case.

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## **Mary says**

### **Believable**

This is a very readable book. Rhonda's description of how PTSD took over her life is heartbreakingly real. She made a good life for herself after Ted Bundy kidnapped her. That's impressive. It's wonderful she escaped and moved on. It's even better that she was able to deal with the hidden pain finally.

This account is totally believable. And it also has Ann Rule's imprimatur.

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