



Real American: A Memoir

By Julie Lythcott-haims

MACMILLAN AUDIO, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. This program is read by the author. A fearless debut audiobook memoir in which beloved and bestselling *How to Raise an Adult* author Julie Lythcott-Haims pulls no punches in her recollections of growing up a biracial black woman in America. Bringing a poetic sensibility to her prose to stunning effect, Lythcott-Haims briskly and stirringly evokes her personal battle with the low self-esteem that American racism routinely inflicts on people of color. The only child of a marriage between an African-American father and a white British mother, she shows indelibly how so-called micro aggressions in addition to blunt force insults can puncture a person's inner life with a thousand sharp cuts. *Real American* expresses also, through Lythcott-Haims's path to self-acceptance, the healing power of community in overcoming the hurtful isolation of being incessantly considered the other. The author of the New York Times bestselling anti-helicopter parenting manifesto *How to Raise an Adult*, Lythcott-Haims offers listeners a different kind of story this time out, but one that will nevertheless resonate with the legions of students, educators and parents to whom she is now well known, by whom she...



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