

On the surface, Mia Tyler led a seemingly perfect life. She was a world-renowned plus-size model and the daughter of Aerosmiths Steven Tyler and seventies It girl Cyndi Lauper. But growing up under the shadow of celebrity wasn't as glamorous as it cracked up to be. From a poverty-stricken childhood in New Hampshire to running with troubled rich kids on Manhattans Upper East Side, she has an incredible story to tell. In *Creating Myself*, Mia shares scintillating details about her rock-and-roll family, as well as battling her own personal demons: dumping her mother's cocaine vial down the toilet at just eight years old, running around backstage at her father's concerts (including the one where she first met her sister, Liv), and attempting to distract herself from her pain through drug addiction and self-mutilation. Yet this memoir is ultimately a tale of redemption. Mia learns that in order to truly grow up, she must forgive both herself and those who hurt her, give up the quest for perfection, and acknowledge that she is still a work in progress. *Creating Myself* is raw and inspirational, the tale of a hell-and-back journey from the depths of depression and addiction to triumphant self-discovery.

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Creating Myself: How I Learned that Beauty Comes in All Shapes, Sizes, and Packages, Including Me. Mia Tyler, Author. Atria \$25 (p) ISBN. *Creating Myself* has ratings and 49 reviews. *How I Learned That Beauty Comes in All Shapes, Sizes, and Packages, Including Me* as Want to Read. 2 quotes from *Creating Myself: How I Learned That Beauty Comes in All Shapes, Sizes, and Packages, Including Me*: 'Don't punish yourself for what others h. *Creating Myself: How I Learned That Beauty Comes in All Shapes, Sizes, and Packages, Including Me.* Front Cover. Mia Tyler. Simon and.

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I hate myself is a common feeling that many people have. To stop our cycle of self-hatred and live free from imagined limitations, we must learn . Now I am feeling alone and this family problem is making me negative. Hi all, judging by the comments it is clear that self hate/depression comes in all shapes and sizes. Love is the expansion of two natures in such fashion that each includes the other, The greatest thing you'll ever learn is just to love and be loved in return. and above all much to be loved, be it the turn of the seasons or the shape of a . And, behold, you were within me, and I out of myself, and there I searched for you.

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