



Creating Myself: How I Learned That Beauty Comes in All Shapes, Sizes, and Packages, Including Me

Mia Tyler

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Now in paperback, the deeply personal and inspirational memoir from one of America's most successful plus-sized models, and daughter of Aerosmith's Steven Tyler, on her journey to recovery and self-acceptance.

On the surface, Mia Tyler led a seemingly perfect life. She was a world-renowned plus-sized model and the daughter of Aerosmith's Steven Tyler and seventies It girl Cyndi Lauper. But growing up under the shadow of celebrity wasn't as glamorous as it's cracked up to be.

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.

Featured in *People* magazine and many television shows, including *Entertainment Tonight*, Mia Tyler's *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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