

Creating Myself



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On the surface, Mia Tyler led a seemingly perfect life. She was a world-renowned plus-size model and the daughter of Aerosmith's Steven Tyler and seventies It girl Cyrinda Foxe. But growing up under the shadow of celebrity wasn't as glamorous as it's cracked up to be. From a poverty-stricken childhood in New Hampshire to running with troubled rich kids on Manhattan's 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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