

Real American: *A Memoir*

Julie Lythcott-Haims

Tuesday, November 14, 2017 - 7:00-9:00pm
Mountain View High School Spartan Theatre
3535 Truman Avenue, Mountain View, CA

Julie Lythcott-Haims, author of *Real American: A Memoir*, joins us to talk about what it means to be a real American, her experiences with racism and micro-aggressions, and what we can do to foster greater understanding and compassion for individual differences in our racially and culturally diverse community.

The only child of a marriage between an African-American father and a white British mother, Lythcott-Haims shares her personal battle with low self-esteem that American racism routinely inflicts on people of color and shows indelibly how micro-aggressions, in addition to blunt force insults, can puncture a person's inner life with a thousand sharp cuts. Her story also expresses her journey toward self-acceptance and the healing power of community in overcoming the hurtful isolation of being incessantly considered "the other."

Audience: Parents, caretakers, and educators

Admission: Free

Register: <https://mvla2017-julielythcott-haims.eventbrite.com>

About Our Speaker



Julie Lythcott-Haims, author of the *New York Times* best-selling book, *How to Raise an Adult*, served as Stanford University's Dean of Freshman, where she was known for her fierce advocacy for young adults. As Dean, Julie received the university's Lloyd W. Dinkelspiel Award for creating "the" atmosphere that defines the undergraduate experience, and began her fierce critique of helicopter parenting and the growing trend of parental involvement in the day-to-day lives of college students.

Julie is a graduate of Stanford University, Harvard Law School, and California College of the Arts. She lives in Silicon Valley with her partner of over twenty-five years, their two teenagers, and her mother.

Real American: A Memoir

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