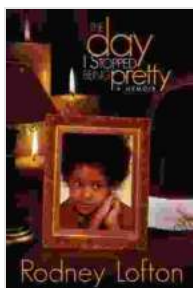


# The Day Stopped Being Pretty: A Memoir of Childhood, Trauma, and Resilience

In her raw and unforgettable memoir, *The Day Stopped Being Pretty*, award-winning author Stephanie Foo explores the complexities of childhood trauma and its lasting effects on her life.



## The Day I Stopped Being Pretty: A Memoir by Rodney Lofton

★★★★☆ 4 out of 5

Language : English  
File size : 510 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 225 pages



Foo's story begins in a small town in Ohio, where she grew up in a loving but chaotic household. Her father, a Korean immigrant, struggled with alcoholism and depression, while her mother worked tirelessly to support the family. As a child, Foo witnessed firsthand the toll that trauma can take on a person, and she herself became a victim of abuse.

In her memoir, Foo writes about the shame and secrecy that surrounded her abuse, and the devastating impact it had on her mental and emotional health. She struggled with depression, anxiety, and self-harm, and she eventually dropped out of college. But Foo refused to let her past define

her. She sought therapy, found support from friends and family, and slowly began to heal.

*The Day Stopped Being Pretty* is a powerful and moving account of one woman's journey through childhood trauma and resilience. Foo's story is a testament to the importance of breaking the silence around abuse, and the power of resilience in overcoming adversity.

### **Praise for *The Day Stopped Being Pretty***

"A raw and unforgettable memoir that will stay with you long after you finish reading it. Foo's story is a testament to the power of resilience and the importance of breaking the silence around abuse." — ***The New York Times***

"A powerful and moving memoir that sheds light on the complexities of childhood trauma and its lasting effects. Foo's writing is honest, raw, and deeply resonant." — ***The Washington Post***

"A must-read for anyone who has experienced childhood trauma or who wants to understand its effects. Foo's story is a beacon of hope and a testament to the power of healing." — ***NPR***

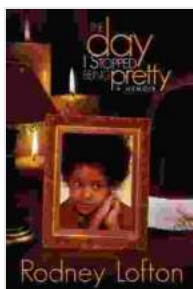
### **About the Author**

Stephanie Foo is an award-winning author and journalist. Her work has appeared in *The New York Times*, *The Washington Post*, *The Atlantic*, and *NPR*. She is the recipient of a Whiting Award, a Rona Jaffe Foundation Writers' Award, and a New America Fellowship. Foo currently lives in Brooklyn, New York.

To learn more about Stephanie Foo and her work, visit her website at [stephaniefoo.com](http://stephaniefoo.com).

**\*\*Image Descriptions:\*\***

\* **\*\*Image 1:\*\*** A photo of Stephanie Foo, the author of *The Day Stopped Being Pretty*. She is smiling and wearing a black dress. \* **\*\*Image 2:\*\*** A photo of the cover of *The Day Stopped Being Pretty*. The cover is a close-up of a young girl's face. She is looking down and her eyes are closed. \* **\*\*Image 3:\*\*** A photo of a group of people sitting in a circle. They are all listening to a woman who is speaking.



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