

In Their Own Words

Find these books in the Teen Biography section, listed under the author's last name



Continuum

by Chella Man

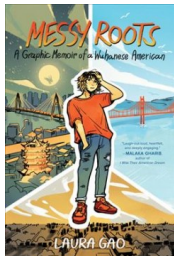
"Fine artist, activist, and Titans actor Chella Man uses his own experiences as a deaf, transgender, genderqueer, Jewish person of color to talk about cultivating self-acceptance and acting as one's own representation"



Food-related stories

by Gaby Melian

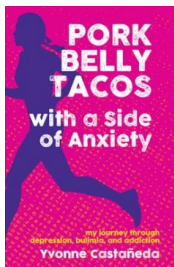
"Chef and activist Gaby Melian shares her personal journey with food--from growing up in Argentina to her time as a street vendor and later as Bon Appetit's test kitchen manager. Melian explores how we can develop a relationship with food that's personal, healthy, and thoughtful"



Messy roots : a graphic memoir of a Wuhanese American

by Laura Gao

Seamlessly toggling between past and present, this funny graphic memoir follows a queer Chinese Americans immigration to Texas where she just wants to make the basketball team, escape Chinese school and figure out why she is attracted to girls.

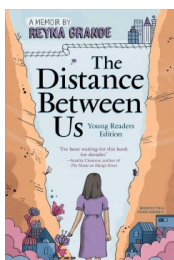


Pork Belly Tacos With a Side of Anxiety : My Journey Through Depression, Bulimia, and Addiction

by Yvonne Castañeda

Yvonne Castañeda shares vibrant stories of her childhood growing up in Miami as the daughter of humble immigrants from Mexico and Cuba . . . and how she came to

develop an unhealthy relationship with food



The distance between us / : Young Readers Edition

by Reyna Grande

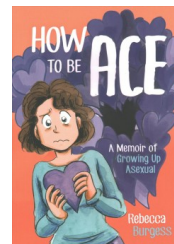
Presents a young reader's adaptation of the author's experiences as an illegal child immigrant, describing her father's violent alcoholism, her efforts to obtain a higher education, and the inspiration of Latina authors



Passport

by Sophia Glock

When she discovers that her parents work for the CIA, Sophia questions everything she knows as she tries to make sense of this news and the web of lies surrounding her.



How to be ace : a memoir of growing up asexual

by Rebecca Burgess

"Brave, witty and empowering, this graphic memoir follows Rebecca as she navigates her asexual identity and mental health in a world obsessed with sex. From school to work to relationships, this book offers an

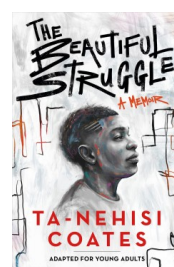
unparalleled insight into asexuality."



Becoming : Adapted for Young Readers

by Michelle Obama

"This volume for young people is an honest and fascinating account of Michelle Obama's life led by example. She shares her views on how all young people can help themselves as well as help others, no matter their status in life. "

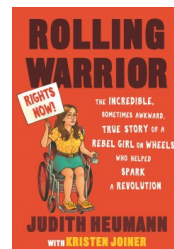


The beautiful struggle : a memoir

by Ta-Nehisi Coates

Adapted for teen readers, a father-son memoir documents the National Book Award-winning author's youth in the "murder capital" of 1980s Baltimore and his relationship with his father, Vietnam veteran Paul Coates, throughout the latter's activism as a Black Panther and

Afrocentric scholar.

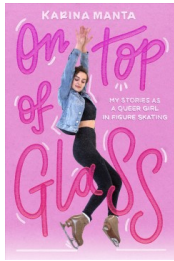


Rolling warrior : the incredible, sometimes awkward, true story of a rebel girl on wheels who helped spark a revolution

by Judith E. Heumann

"One of the most influential disability rights activists in US history tells her story of fighting to belong in school and society -a

powerful role model for young adults with a passion for activism"



On top of glass : stories of a queer girl in figure skating

by Karina Manta

A figure skating champion and star of Cirque de Soleil's on-ice show, AXEL shares her struggles with not only queerness but also body image, panic attacks, first crushes and feeling different than everybody around her.

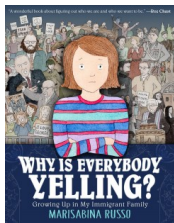


A face for Picasso : coming of age with Crouzon syndrome

by Ariel Henley

The first known identical twins to survive Crouzon syndrome, Ariel and Zan underwent many appearance-altering procedures, in this memoir in which Ariel explores identity and beauty, and the strength it takes to put your life, and

yourself, back together time and time again.



Why is everybody yelling? : growing up in my immigrant family

by Marisabina Russo

"It's 1950s New York, and Marisabina Russo is being raised Catholic and attending a Catholic school that she loves-- but when she finds out that she's Jewish by blood, and that her family members are

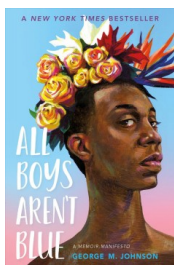
Jewish survivors of the Holocaust, her childhood is thrown into turmoil."



Punching bag

by Rex Ogle

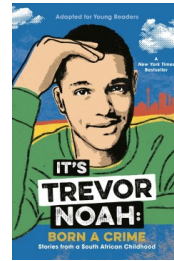
"a searing account of adolescence in a household torn by domestic violence. Punching Bag is the compelling true story of a high school career defined by poverty and punctuated by outbreaks of domestic abuse"



All boys aren't blue : a memoir-manifesto

by George M. Johnson

A first book by the prominent journalist and LGBTQIA+ activist shares personal essays that chronicle his childhood, adolescence and college years as a Black queer youth.



It's Trevor Noah : born a crime

by Trevor Noah

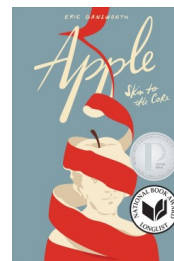
The comedian traces his coming of age during the twilight of apartheid in South Africa and the tumultuous days of freedom that followed, offering insight into the farcical aspects of the political and social systems of today's world



I was their American dream : a graphic memoir

by Malaka Gharib

Describes the author's life as a Filipino-Egyptian-American with a large, unique, loving family striving for the American Dream



Apple : skin to the core : a memoir in words and pictures

by Eric Gansworth

"The term 'Apple' is a slur in Native communities across the country. It's for someone supposedly 'red on the outside, white on the inside.' Eric Gansworth is telling his story in Apple (Skin to the Core). The story of his family, of Onondaga among

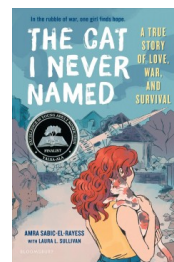
Tuscaroras, of Native folks everywhere. From the horrible legacy of the government boarding schools, to a boy watching his siblings leave and return and leave again, to a young man fighting to be an artist who balances multiple worlds. Eric shatters that slur and reclaims it in verse and prose and imagery that truly lives up to the word heartbreaking."



Brave face : a memoir

by Shaun David Hutchinson

Describes the author's struggles as a teen and young adult growing up gay in an intolerant atmosphere in the 1990s, the factors that led him to attempt suicide, and how he ultimately found internal and external acceptance



The cat I never named : a true story of love, war, and survival

by Amra Sabic-El-Rayess

A Muslim-Bosnian teen describes her experiences during the Bosnian genocide and her remarkable relationship with a stray cat who followed her home and saved the lives of her family members.