# Becoming Me

Written & Illustrated by Camila Vizcaino

# Becoming Me

## Acknowledgement

Dedicated to my parents Atanasia & Camilo,

My brother Anthony,

and my angel Gloria

for showing me to love, care, and believe in myself.

## Prologue

Becoming *Me* reads as an emotional -and what for some might be relational-experience in that by using certain pieces of clothing to tell her story and recalling the significance of that day to her, Camila transports herself and the reader to tense and/or exciting moments in her life. At any age, dress gives Camila the opportunity to use her imagination to express herself however she chooses, which brings her emotional comfort in times of uncertainty, as well as brings her emotional confidence in times of change. She in her own time also seems to begin to appreciate a more mature and elegant sense of style as well as her knowledge on the subject of fashion becoming more sophisticated as she gets older.

Furthermore, Becoming *Me's* chapters recount Camila's coming-of-age moments spent with friends and family near and dear to her who are positive influences in her life and who serve as her support system; something she makes clear she values in her life throughout the book. It humbled me as Camila's brother to see that she made a decision to pursue a career path that she was curious and passionate about, to put her time and effort for, and in hindsight see how far she has come despite life's hurdles. Her detailed description of these focal points in her life brought me feelings of nostalgia, being able to place myself in a few of the moments Camila mentions, having been alongside her during her

youth.

"Always remember

You are braver

Than you believe

Stronger than you seem, and

Smarter than you think"- Christopher Robin

Anthony Vizcaino

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## Turning 15

Tuesday December 1st, 2015 was the day I finally turned 15 years old. On this day, I had a small gathering after school at my house with a couple of close friends and family (since I don't like big parties). I felt very loved knowing that these people have been at every one of my birthdays ever since I was little. There were balloons, chips in a bowl, pound cake, and ice cream cake on the table. Nothing too big!

Let's get started on this. I went to George Washington High School in Upper Manhattan, Washington Heights, so I felt extra pressured to wear something "nice". In that school there was always some sort of competition on dressing up. Sophomore year of high school I had rough nights trying to pick out an outfit for the next day. It got to the point where I compared myself to every girl in my school and would talk badly about myself. Since this occurred, I kind of gave up and just wore whatever I found. I had woken up at 7am on my birthday for school, very tired! I threw on a black cardigan, a black sweatshirt, tucked it into some dark indigo skinny jeans, and my low all black Converse. My hair was the hardest thing to style, so all I did was brush it up into a bun and throw on a headband. I also added some faux pearl stud earrings to make the outfit a little nice.

During this time, I would still go shopping with my mother since I didn't really know what my style was like and I didn't have a job either. I appreciated what my mom did for me, so these pieces were important to me. Also, since I was going through a lot emotionally, my black cardigan and my burgundy headband were my comfort clothing. I always wore that headband to make me feel calm and to obviously slick my hair down.



## Turning 16

Just thinking about it, this day was filled with so many emotions. I remember clearly waking up super happy because my mother and father had music playing for me. I then started to get ready for school. I then felt anxious because I knew my friends were going to surprise me with balloons, which were gonna attract attention. Don't get me wrong, I was super happy with what they did, I just was not used to so many eyes on me! After school, I had a small meet up with my same close friends. We played Just Dance and listened to music and just spent it chilling enjoying each other's presence.

Anyways, I wore a khaki H&M long sleeve blouse with black skinny jeans and khaki suede chelsea boots. I then topped off this outfit with my older brother's olive jacket and I wore a black choker from Forever 21, since at this time chokers were trendy. My boots are what drew attention because of the *sound of the heels*. I was starting to learn what my style was by experimenting with different pieces, this was also when I was starting to get into thrifting. 2016 was also the year I realized I wanted to do something different with my hair. I *cut my hair* a couple months before my birthday so my *hairstyle for my birthday was cut in a Pixie cut hairstyle*.

I think that my chelsea boots are what gave me some type of confidence that day. Although I didn't really want that attention with the sound of the boots, I still FELT great! It was a feeling I didn't feel as often when going to school. My outfit got lots of compliments that day, even if it was basic. While walking home, the sound of the balloons crashing into each other and my boots made me feel beautiful and nobody was going to tell me anything!

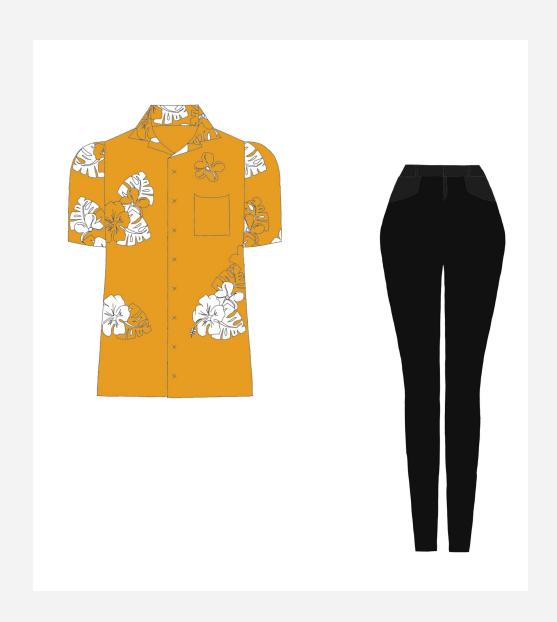


## First day of Senior Year

I was nervous for my first day of senior year. I didn't know what to think, or wear. Time had gone by so fast that my mind was still in 2014. Around this time, I started finding what clothes made me feel comfortable with myself. Don't get me wrong, it was a little hard but I was slowly getting there.

For my first day of high school, I ended up wearing an orange palm tree resort shirt (that I had gotten from the men's sale section in Forever 21 for \$5) tucked into black high-waisted pants. I also wore a black choker to add a little spice to the outfit. My hair was now long, so I ended up *blow drying it at the salon and styled it with a middle part*. My favorite part were the shoes that I wore, which were Birkenstock dupes. They were a little hard to walk in because it felt like I was walking on rocks, but I really liked them so I went along with it.

My resort shirt is what mostly stood out to me. It was something that I wouldn't wear on the regular. Especially the color orange! Since it was my first day of my senior year, I wanted to wear something a little more out of my comfort zone. The feeling of going to school in a totally different shirt from what I originally wore was also kind of nerve wracking because it felt very weird, especially when people stare.



## Senior Picture Day

January 19th, 2018 was my senior picture day. I had woken up extra early that day to go over to a friend's house so they could *do my makeup*. I remember it was freezing cold that morning. She was going to do my makeup along with another classmate. My other classmate and I met up in Washington Heights and walked to our friend's house. I was pretty close to both of them at the time especially since we had all our classes together.

That day I woke up early. I had on a Tubi, a wrapping process to keep freshly heated treated hair intact, which had been bugging me all night. I easily get hot at night, so the little hat that held my hair in place was bothering me. I brushed my teeth then took a hot shower since it had been very cold. I then started to get ready and had my outfit picked out the night before. I chose to wear a ribbed long sleeve sweatshirt, high waisted jeans, and my white Nike Court sneakers. I finally let my hair out of the Tubi and brushed it with a wide tooth comb and parted it in the middle. I had a bob look on my hair. I wore faux pearl earrings to match my makeup look. When I had gotten my makeup done, I chose an ombre look. My eyeshadow was brown mixed with black. While my lipstick was a matte brown to compliment the eyeshadow. Not to mention, my nails were also painted in a pearly white since I wanted it to match the earrings.

That day I felt very beautiful. Even though I was wearing basic clothing, my makeup and hair was done! Out of my four years of highschool the only makeup I wore was lipstick, but not a full face. I kind of felt a little iffy about the jeans because I had bought them from an online store that was not very popular at that time. The material was very weird, but I ended up wearing it because I bought it specifically for my senior pictures. I can say that on this day, my love for ribbed clothing started since I realized that this fabric complimented my body. Ever since then, I have worn that sweatshirt all the time!

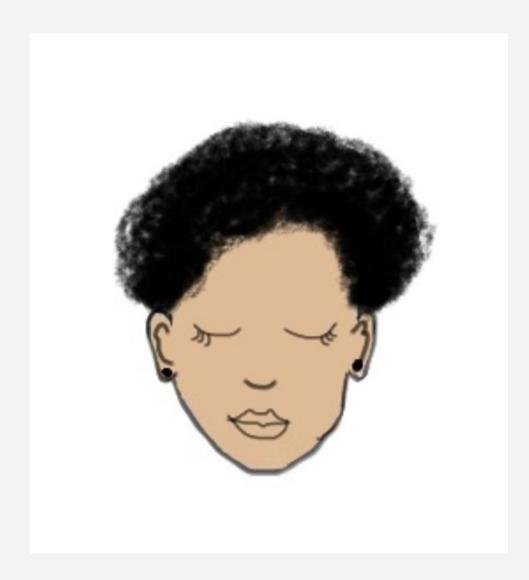


## Big Chopping My Hair

This was a very big moment for me. My hair wasn't at the stage I wanted it to be at so I wanted to start all over again. I have always wanted to chop my hair, especially since I had the courage to do it. One of my very close friends, Eliza, had gone with me to chop off my hair. This was a very big deal because not a lot of people have the guts to just cut all of their hair off. I DID though. I knew that my hair was gonna grow back, and that it was going to grow back healthier. I ended up going to my hair stylists in 181st Fort Washington in Washington Heights. She works with a lot of clients with short hair, she also cut my mother's hair so I decided to go to her.

It was a Tuesday. I had woken up in the morning and threw anything on. I brushed my teeth, took a shower, combed my hair, and threw on a hat. I headed to school and was itching to leave and go cut off my hair. At that moment, I just wanted to get everything over with. I met up with Eliza and we went to the salon. I sat on that chair and I just felt so many emotions at once.

When I chopped my hair, I felt weird, confident, crazy, and happy all at the same time. I did something I never thought of doing. Especially at 17 years old. I felt free! At that moment, I realized that I can do anything I set my mind to. Many people talked about me cutting my hair, but I didn't care because I felt amazing. My parents and my brother supported me. They knew that my hair was going to grow back. I did it for 13 year old me that would cry when I washed my hair because of the heat damage and how hard it was to maintain. I wanted to take another step to take good care of my hair, but starting for phase I.



## First Time Learning How to Drive

On my first day learning how to drive, I felt relaxed. Usually, you're "supposed" to feel nervous, but I wasn't. Driving is common sense. You're the one in charge of moving the car. I applied my driving skills in video games to the real world, sounds crazy but it's true! My first class took place on a school day. An administrator for one of the schools in the building was a driving instructor. He collabed with all the students on each floor and was giving lessons. Before the driving classes, my friends and I had already taken the permit test and we passed instantly. To start off our lesson, our driving instructor, Mr. A, drove us to the John F. Kennedy highschool in Marble Hill. There we started off with driving in the parking lots, then to circular intersections, and then to perpendicular parking. We ended the driving lesson in a success!

For my first day of driving, I will never forget what I wore. Let's first start off with waking up! I woke up early on a Thursday school day. I took a shower and wet my hair a bit so it can be easier to style. Keep in mind, my hair is still short due to the big chop I had recently gotten. My hair wasn't curling the way I wanted it to, I guess due to the way my hair stylist at the time cut it, but I ended up spiking it up a bit then threw on a Polo Ralph Lauren corduroy baseball cap. I wore a shirt that had a meme of Batman smacking Robin that said "Trust God!". I paired the shirt with some skinny black jeans and my favorite Nike court sneakers. I ended up wearing some gold hoops, braided bracelets, and an anklet that showed since my jeans were rolled up. We were in the month of May, so it was still chilly. I ended up wearing a leather collared jean jacket I had thrifted back in 2016.

The shirt "Trust God" was a shirt, amongst others, that was donated to my mother so she can send it to the Dominican Republic. Me being me, I told her I wanted it because of the meme and the significance it had. It was a very oversized

shirt, which means like four of me could fit in that one shirt. I still kept it because I always tied it in the front. It was a comfort shirt of mine which I wore here and then. To this day, I still have it and it reminds me of the times I wore it to high school.



#### 12th Grade Prom

June 6, 2018 was my 12th grade prom. It finally sinked in that I was finally leaving George Washington High School! I wanted this moment to be memorable and unforgettable. I had been feeling so many feelings that morning because I didn't know what to expect out of all of this. It was an overwhelming situation. Also, I had felt gloomy since my friends had prom dates and I didn't. I ended up coming to terms that I obviously didn't need a date to have a good time and to look good! To start my day off, I woke up extra early that day to go to Sephora in Columbus Circle to *get my makeup* professionally done. Like any other day, I threw anything on since I was running on a schedule. I left the house with a tubi on my head since I couldn't let my hair out yet. Two of my good friends, Eliza and Nydia, came with me to get my makeup done, which is something that I would never forget.

When it was time to get *my makeup* done, I had to explain to the makeup artist what kind of look I was going for. I mentioned to the makeup artist that my dress was bedazzled, light grey, paired off with silver heels, and that my *nails were painted white* to match my dress. She ended up doing full face makeup with an ombre eyeshadow look. She used a metallic silver color mixed with black and white. Basically, the ombre look started off with white, then silver, and black at the end. She ended up using the Fenty Beauty highlighter on my cheek which made the look 10x better! When it was time to *put on my dress* and *fix my hair*, everything just looked so beautiful! My dress was bodycon, very long, which complimented my body!

It's a dress that I will never ever forget. My parents worked hard to get me that dress. "Te lo mereces, sobre todo por trabajar muy duro" were their words when they sent me off to the Bronx where my prom was. This grey, bedazzled dress was one of the most beautiful dresses I have ever seen. I was in shock when I had that dress on because it was just so beautiful. It was the first time I had worn something

outside of my comfort zone. The compliments I had received on that dress boosted my mood. If I had the chance to go back in time to that day, I definitely would!



### 12th Grade Graduation

Finally, the time has come. I had woken up super excited since the day was finally here! Graduating highschool was something I didn't think I would achieve. After so many late nights trying to study for regents, struggling to understand what was being taught, and waking up super early, everything still paid off. My graduation was June 21, 2018 at 10am. I remember my parents and brother waking me up with loud bachata. They were very happy for me. We had a little family breakfast in the house before leaving. My graduation took place in my highschool's auditorium. My school had four different schools in one, so we had four graduating classes in one day. Overall, I was nervous walking down that aisle to receive my diploma, but I reminded myself that that was what I worked hard for.

On graduation day, I ended up buying something simple. I bought a cream midi slit dress from Urban Outfitters and wore light brown suede heels. My hair was cut into a pixie haircut. I ended up doing my own makeup that day, since I wanted something light. My mom had let me borrow her powder foundation, so I can start off my makeup process. I put on mascara to brush my eyelashes, I then put on some Fenty Beauty Highlight, and finished the look off with a matte taupe lipstick. I ended up choosing these simple colors for my makeup, because my dress was cream and the buttons in the dress were brown so I wanted it to all coordinate in some way.

During this time, I wasn't much of a dress person. I always wore sweatpants and jeans. It felt weird going to school in a dress, but of course it was for graduation, but it still felt weird. I felt very comfortable with what I had on. It wasn't too much for me! The heels I had on were so comfortable that I still have them to this day. As for the dress, I still own it because it literally goes with anything, sneakers or heels! It still fits perfectly and I am glad I have this dress to remind me of what I achieved.



## 18th Birthday

My 18th birthday was an unforgettable day. I spent this special day with my family. My mother Yve, father Sixto, Tia Sara, brother Anthony, and cousin Anny, made this day spectacular. My tia Sara and Anny came from New Jersey to spend time with me on my birthday. Their presence made me feel very happy! We all ended up getting dressed up and went out to the *Tipico Dominicano* restaurant at 180th and Washington Heights. We ate some of the most delicious Dominican dishes and danced to our music. It was very cold that day since we were already on December 1st.

On December 1st, 2018, I decided to get dressed up for my 18th birthday! A couple of days before my birthday, I went to an African braiding salon to get box braids for my birthday. This protective style really complimented my birthday outfit. Additionally, I went to the nail salon to get a mani-pedi as a form of self care! For my birthday outfit, I bought a velvet long puff sleeve burgundy bodycon dress. Like I mentioned before, I was not really a dressy kind of person at this time, so I had felt very different since it was out of my comfort zone. My makeup was done to compliment my dress. I ended up wearing my brown suede heels. Since we were already in the winter season and it was cold, I threw on a faux fur coat that I had found in my mothers closet.

My burgundy dress still means a lot to me because it's the first dress I wore for my birthday, where I actually felt comfortable and pretty. I still own that dress, but haven't worn it ever since. It still fits, and it fits even perfectly since my body has changed throughout that time. It sits in my closet waiting to be put on and every time I look at it, I just think about that day. It was a very relaxing birthday. I didn't want anything too big. I wanted to spend that time with important people in my life.



## A Day at my Tia Elena's House

On May 26, 2019, My mother Yve, my brother Anthony, and I went to visit my aunt's house on Sherman Ave in Dyckman. My Tia Elena has always been present in my life ever since I was born. She's usually the highlight of all the family gatherings! A Day at my Tia Elena's house is always fun and hectic. Every time we would go to her house, her and her late partner would always play loud music playing as we approached her apartment. My Madrina Mami, or godmother, ended up joining us later on in the day, so we all decided to go out to a nearby restaurant and eat as a family. We ended up going to Dyckman Express, on the corner of Nagle Ave. There were a lot of people eating there, and they had loud Dominican music playing, too!

On that day, I had worn a magenta oversized shirt as a dress, with my beige low top Fila Ray Tracer sneakers, white high ankle length socks, a silver charm necklace, a mini black backpack, and finished the look by *inserting* silver big hoop earrings. To style my hair, *I had gone under the shower to wet it*, since it was kind of hard to get it to curl at that time. Then, I would use my curly hair products to try to curl my hair, but since it was *dyed black* it was very dry, and at the time I didn't really know how to style curly hair. I put on some *lip gloss on my lips* to add a bit of oomph into the look!

When I had worn that magenta oversized shirt, I actually felt really self conscious. I had been a bit chubby around this time, so I wore a lot of clothes to cover up my stomach, or practically anything that was very visible. I started to wear this shirt a lot during the summer, until I started to lose a bit of weight. It was an easy to style shirt, and very easy to throw on, especially during the summer. As for the black bookbag, it was a gift from a family friend that I grew up with, Karina! It was my first time wearing it and I loved it very much, it complimented the outfit.



## Wearing a Swimsuit for the First Time

Summer break had started, and it was too hot to be doing nothing at home, so my friends and I decided to go out to the beach! Nydia, Amy, Clarissa, and I ended up going to Coney Island in Brooklyn. It was the start of July so we decided to go out and do something fun to get rid of the college work stress. Nydia, Clarissa, and I have been friends since 4th grade. We always did things together, went places together, and enjoyed each other's company. So we decided to do this little beach day. We all met up at the D train station by our house and took it all the way to the last stop, Coney Island.

I have never worn a two piece bathing suit to the beach before. It was my first time and I was very nervous about it. Around this time, I wasn't comfortable with myself because of my weight and appearance. I wanted to get out of that box I was trapped in, I wanted to get out of my comfort zone and test my confidence. I bought a leopard print swimsuit from Target. The top was square neck, while the bottom was high waisted. I'd woken up extra early that day to shave my legs and underarms since it was going to be visible, considering the garments I was going to wear. The night before, my mom had braided my hair as a protective hairstyle so I won't go in the water with my afro, which would cause it to break. Also, I had painted my own nails and toenails a bright red to match the leopard swimsuit.

The Leopard swimsuit really tested my confidence. It might not sound like a big deal, but I honestly don't know how I did it! It's really hard coming out of your own shell, especially after having a lot of people comment negative things on YOUR body. It took courage to do that. I am glad I did it, because it taught me that it takes little steps to grow. No matter what people say, I need to feel comfortable with *myself*.



## **Quarantine: Family Gathering**

2020 was a really wild year! Events occurred in which no one was expecting! Being locked at home that first month of March was crazy. I know it was crazy for me because I didn't know how to react or feel. I ended up shopping online to calm myself down, not going to lie. A lot of online stores had a bunch of sales, so I went ahead and bought a couple, or maybe a lot of stuff to wear when quarantine ended. I remember when businesses started to slowly open up around June/July, I went and took advantage, since there were not a lot of people outside, and went to an African Braiding Salon in Harlem. I went to get *my hair braided*, since I had not gotten my hair done in so long and my hair stylist wasn't opening her salon just yet because of precaution. Later that week, my cousin invited me to celebrate her daughter's birthday so I went ahead and got ready for that day! Moving forward, I wasn't comfortable taking public transportation just yet, so I ended up taking an Uber to the Bronx.

I finally put the clothes I ordered online during quarantine to use. For that day, I wore a black sleeveless turtleneck bodysuit, with some thrifted pants that I ended up cutting into shorts, and Pine Green Jordan Is. I wanted to put some makeup on since I hadn't done it for about four months. I applied BB cream on my face, Glossier cream eyeshadow, and clear lip gloss. I'd also gotten my eyebrows threaded that month, so I finished the look with some eyebrow/eyelash gel. July was the month I did everything I wanted to do during quarantine. I pierced two more holes on my ear lobe so I inserted small gold hoops, I'd gotten my nose hoop changed, and wore a gold necklace that was gifted to me!

I did a pretty good job with cutting my thrifted jeans. I thrifted them back in 2017 and never wore them. So during quarantine, I got creative and cut them up. They were high waisted so it complimented my outfit even more. I felt very pretty

that day because of course, I finally went out, after months of being in the house, and I wore something that I constructed.



### A Day Out With Mom

It was my mother's birthday on August 14th, 2020. We were still in what was considered "quarantine" and I barely had anything to do that day. My mother worked on her birthday so I told myself we should go out and have some mother-daughter time. I ended up meeting up with my mom on 66th street near Lincoln Center. We decided to take a stroll around the neighborhood since it was pretty hot and it was only 1pm. We ended up going to a pizzeria nearby and ate some delicious pizza and garlic knots. There was barely anyone outside since a lot of people were still scared to go outside, due to the pandemic. After we finished eating at the pizzeria, we walked towards Central Park to talk and to take pictures.

Since we were in quarantine, I still had some thrifted clothes that I never got to wear yet. I wore a cream colored "Grand Canyon" graphic shirt, with brown pants, and some platform checkered Vans. My hair was still braided so I had my hair out. I ended up wearing a mini Coach bag to compliment the outfit. I had thrown on a Vintage black and gold Casio watch, *inserted* three gold earrings on my ear lobe piercings, and threw on my gifted gold chain. I *sprayed* on some of the Bath and Body Works Dahlia body mist, which smells like pears and Dahlia flower petals.

On this day, I ended up taking a lot of full body pictures because I loved the way my hair had complimented my outfit. Also, the colors I wore looked amazing together and it's one of my favorite looks that I have put together. It had taken so long to find perfect brown pants that were affordable. These pants match with anything. It can be dressed up or down! I realized that I prefer thrifted clothing, especially due to the fact that I enjoy baggy clothing. It also fits amazing on me and makes me feel nostalgic. Putting looks together using thrifted finds, reminds me of when my mom was younger, she is definitely my muse!



## Dominican Republic Trip

I ended up taking a last minute solo trip to the Dominican Republic June 2021. I wanted to go see my family and smell some fresh air. It was definitely a new and scary experience traveling alone. I stayed at my Tia Lillian and Tia Mona's house the whole trip. The last time I went to the Dominican Republic was in August 2019 with my parents and my brother, so it kind of felt a little different. I packed whatever clothes I found in my closet and took the next flight! I ended up bonding with my older and younger cousins, which brought us very close. We went to a lot of places together, but one trip that stood out to me was when we rode mopeds in the *Zona Colonial*.

I was the only girl in a group of guys. This was my first time going out with my cousins and doing something fun! We were going to be walking a lot the whole day, so I made sure to put on comfortable clothing. Before the trip, I had gone to the African braiding salon to get *short Fulani braids with beads* at the end, just to avoid doing my hair the entire trip. I also ended up getting a *mani pedi* so I can avoid getting it done elsewhere. I threw on a basic black fitted short sleeve shirt, grey sweatshorts, my black Run Star Hike Converse sneakers, and my black Adidas crossbody bag. I *sprayed on some Hibiscus Paradise body mist* from Bath and Body Works, *put some Cerave cream on my face*, *sprayed some sunscreen on* and went about my day.

The streets of the Dominican Republic can be kind of rocky and kind of hard to walk on. My Run Star Hike Converse sneakers made it 10x easier to run and walk on those streets. They are different shoes than what someone else might wear, and they're a unique design so I was feeling very iffy of taking them with me on the trip. I got a bunch of compliments on them and they were so comfortable. Those sneakers were recommended to me since I love converse and wanted a comfortable pair!



#### Present

Although I am not where I would like to be right now, everyday I try my best to work towards my confidence. It can be pretty hard to remind yourself how much your body does for you. But one thing is, I definitely grew and learned so much throughout these years. Everyday I am working harder to feel comfortable and be at peace with myself. Confidence is something no one, absolutely no one, can take away from you. I am learning little by little that my opinion is the only one that matters when it comes to *me*. I am learning to be happy with myself inside AND out! It's hard trying to become that young woman I always dreamt about, but it doesn't happen overnight. It takes time, and I know that I'll be able to reach where I want to be. Like my mother always tells me, "Todo a su tiempo" (everything at its own time).

I slipped on a ruched lavender bodycon dress and just saw how beautiful it looked on me. I brushed my hair back into a low sleek bun using hair gel. I had gotten blonde highlights (April 2021), so this was the first time I saw myself with a low bun with my new hair color. I put on some gold jewelry, which looks amazing with my skin tone! I threw on some small gold hoop earrings, my gold chain, and an evil eye beaded bracelet. The dress reminded me so much of the early 90s, so I brought out my slinky black platform sandals! One of my favorite looks from this year has to be this one!

Recently I have been trying to test myself in coming out of my comfort zone even more. When it comes to my body, I usually like to hide it with baggy clothes. Not anymore. I usually tend to forget the person I am, just because I keep myself locked away due to past situations/trauma. Confidence is always key. Confidence will definitely get you far. It can teach others around you the importance of it. Although it can get hard a lot of times, there is no reason to give up. That self hate talk is something that's hard to get rid of, especially when having others feed into it. I pray and hope that as I grow older, I learn to value, respect, and love myself. And as for the individual reading this, I hope you find yourself, too!



## About The Author



Camila Vizcaino is an Afro-Dominican author and illustrator, most likely known for her work "Becoming Me". Camila resides in the Uptown neighborhood of New York City. She is currently a Junior at the New York City College of Technology, majoring in Business and Technology of Fashion. Her experiences throughout her almost four years of college has helped her grow as an individual. But most importantly, this project has helped her learn more about herself and made her realize that she's accomplished and got through the most difficult times.

*Vizcaino* hopes to remind young women that they are more powerful than they think. Although Camila is taking it day by day, and trying to learn more about herself and her surroundings, the process of writing this book has helped her tremendously.

"Relax. You're doing great. Yes, you matter! It will all be okay."