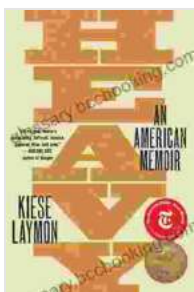


# Heavy: An American Memoir by Kiese Laymon



## Heavy: An American Memoir by Kiese Laymon

★★★★☆ 4.7 out of 5

Language : English  
File size : 1161 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 248 pages



In his debut memoir, *Heavy*, Kiese Laymon tells the story of his life as a black man in America. Laymon writes with honesty and vulnerability about his experiences with racism, violence, and poverty. He also explores the complex relationships he has with his family and friends.

*Heavy* is a powerful and moving memoir that will stay with you long after you finish reading it. Laymon's writing is raw and honest, and he doesn't shy away from difficult topics. But he also writes with humor and heart, and he ultimately offers a message of hope.

## A Look Inside *Heavy*

*Heavy* is divided into three parts. The first part, "The Body," explores Laymon's relationship with his body. He writes about his struggles with weight, acne, and self-esteem. The second part, "The Family," tells the story of Laymon's family. He writes about his parents, his siblings, and his

extended family. The third part, "The World," explores Laymon's experiences with racism, violence, and poverty.

Throughout the memoir, Laymon weaves together personal anecdotes, historical context, and cultural criticism. He writes about the ways that racism has shaped his life, and he challenges the dominant narratives about race in America.

### **Why You Should Read *Heavy***

*Heavy* is a must-read for anyone who wants to understand the experiences of black people in America. It is a powerful and moving memoir that will stay with you long after you finish reading it. Laymon's writing is raw and honest, and he doesn't shy away from difficult topics. But he also writes with humor and heart, and he ultimately offers a message of hope.

If you are interested in learning more about race, family, and identity, then I highly recommend reading *Heavy*. It is a powerful and important book that will change the way you think about these issues.

### **Praise for *Heavy***

"Laymon's writing is raw, honest, and unflinching. *Heavy* is a must-read for anyone who wants to understand the experiences of black people in America." - Ta-Nehisi Coates

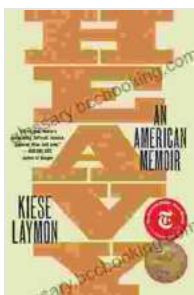
"*Heavy* is a powerful and moving memoir. Laymon's writing is beautiful and heartbreaking, and his story is one that needs to be heard." - Jesmyn Ward

"*Heavy* is a masterpiece. It is a book that will stay with me for a long time."  
- Jacqueline Woodson

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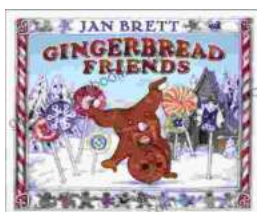
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