



# The Woman I Am

*Helen Reddy*

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**The Woman I Am** Helen Reddy

**The Woman I Am** is an incredibly inspiring autobiography by Helen Reddy, the woman who made "I Am Woman, Hear Me Roar" a household phrase. With her song "I Am Woman," Reddy provided the feminist anthem of the 1970s. She became the first Australian to win a Grammy, to have her own prime-time variety show on a U.S. television network, and to have three number-one singles in the same year.

Then, at the height of her career, Reddy's world was shattered by the death of both her parents, and simultaneously, the news that she had a rare, incurable disease. In this riveting, frank, and ultimately brave memoir, Reddy reveals the emotional highs and lows that have shaped her as an artist and as a complex woman, with a rich inner life sustained by a strong spiritual faith.

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