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result is a memoir just as funny and idiosyncratic, but more self-aware, more serious, and more emotional than his other work.

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Boy Erased: A Memoir by Garrard Conley. When Garrard is outed as gay at 19, he is given an ultimatum by his small-town Arkansas Baptist pastor father: begin conversion therapy or lose his friends and family. Conley is enrolled in Love in Action and in his memoir he recounts the emotional harm inflicted on him, and his journey to acceptance.

### **9 Memoirs About Recovering from Trauma | Book Riot**

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## **Books by Yong Kang Chan (Author of Parent Yourself Again)**

By its nature, the form of memoir helps create a distance between you as the narrator and you as the character. This can give you a lens to look at things without too much emotional involvement, which helps to gain perspective and feel better about the past.

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