

Biography ● Memoir ● Inspirational ● Culture ● Motivational

READY TO BE HEARD

HOW I LOST MY HEARING AND FOUND MY VOICE

AMANDA MCDONOUGH



Description:

When author **Amanda McDonough** started losing her hearing at the age of 4 she swore her parents to secrecy. She hid her hearing loss for 18 years from her friends, family, teachers, and acquaintances. As the author grew older, her hearing gradually decreased, causing her to begin struggling in school, in her relationships with family and friends, and with her identity. By age twenty-two, she could no longer rely on her wit to hide her hearing loss. She became one hundred percent deaf in both ears. Amanda found herself unable to hear, talk, lip-read or sign. Her only method of communication with the world was through writing. **“Ready to be Heard”** is the story of how Amanda taught herself to speak again, to lip-read, and to sign. McDonough explains how she discovered a new culture, language, and most importantly, herself. In this memoir, the author narrates how she managed to finish college after becoming deaf. How she garnered straight As in school, entered the workforce, enjoyed a successful **Hollywood acting career** (Freeform’s **“Switched at Birth,”** ABC’s **“Speechless,”** NBC’s **“Bad Judge,”** Google, 7UP, Deaf West/ Pasadena Playhouses **“Our Town,”** etc.), fought for her independence, and found her purpose. “Ready to be Heard” tells about the authors journey to find a balance between the hearing world she was raised in and the Deaf culture to which she now belonged.



Ready To Be Heard

In these pages you will uncover:

Part 1: Choosing To Have No Limits

The story of how Amanda lost all of her physical hearing and overcame her “disability” to finish her college education.

Part II: Finding My Purpose

Learn how Amanda came to terms with her hearing loss, overcame tragedy, survived depression, bullying, multiple surgeries, and accepted her new Deaf identity.

The Hearing Loss Handbook

- Tips on how to live your best life with hearing loss.
- Tips on how to communicate effectively with your loved ones who are hard of hearing or Deaf.
- Tips on how to learn sign language.
- Hearing loss accommodation tips for school, events, and the workplace.



Recommended Press Topics

Facts:

- 50 million Americans are currently living with hearing loss.
- 2 out of 10 adults experience hearing loss in the US.
- Over 90% of deaf children are born to hearing parents.
- Hearing loss can develop at any age.



Recommended Press Topics

- 10 Ways to handle life challenges, loss and unexpected change.
- Lets talk: Bullying, Discrimination, and Diversity.
- The cochlear implant argument: Why it is so controversial.
- How to find the strength to overcome your obstacles and help others.
- Losing your hearing? How to navigate hearing loss and live your best life.
- #ReadyToBeHeard movement.
- 5 ways to communicate effectively with a Deaf person when you don't know sign language.
- How to become the hero of your own life story.
- September is Deaf Awareness Month!
- Inclusion: Where are actors with disabilities in the Hollywood diversity & inclusion movements?
- The Americans with Disabilities Act of 1990: Why do people with disabilities still have to fight for accessibility options required by law?

“I think I always knew I would become Deaf. I may have fought it, denied it, and hid it for a good portion of my life but it has always been a part of who I am. Once I was finally able to accept that part of me, my life's purpose became clear.”

–Amanda McDonough

Biography

Amanda McDonough was born in 1990 and diagnosed with hearing loss at the age of 4. As she grew older, her hearing steadily declined as she battled to hide her ongoing hearing loss from her family, friends, teachers, and the world. Despite facing unbelievable challenges, she succeeded in; getting straight A's in school, having a successful child acting career, and leading a fairly "normal" life. But one day, during the most difficult part of her college career, she awoke to discover that her remaining hearing was completely gone. She had lost 100% of her hearing in both ears. All of a sudden, she was unable to communicate with the people around her. She did not know sign language, could no longer speak well, and could not lip read. She became isolated from the world and had to finally face her hearing loss, accept that she was deaf, and find a way to finish college without being able to hear. She found the strength to teach herself to talk well again, to lip-read, and to use sign language and set out on an emotional rollercoaster ride to discover who she was and who she wanted to become.

As a late deafened adult Amanda pursued higher education at California Polytechnic University, Pomona where she received her Bachelor's of Science Degree in Business Administration- International Business and Marketing Management, with an emphasis in Entertainment Marketing.

McDonough currently resides in Los Angeles, California and enjoys successful inspirational speaking and acting careers. Amanda's recent television, theater and film credits include: ABC's "Speechless," NBC's "Bad Judge," ABC Family's "Switched at Birth," Chris Lilly's Pilot series "Just Us Guys," "Our Town" with Tony nominated Deaf West Theater and films such as "Listen" directed by Michaela Higgins and "Silent Star" directed by Steven Sanders.. Her films "Passengers," "Loud and Clear," and "Lady Electric" have gone on to show in various festivals (such as Cannes) and win awards. Amanda's life story has even been the subject of documentaries such as USC's "Amanda" and radio broadcast stories such as KCRW's "Silence."



"I don't use the word 'can't' because I don't believe in limiting myself. I am able. I am capable. I am strong. Never think less of yourself because society expects you to behave a certain way. We decide our own limits. I have chosen to have none."

-Amanda McDonough

Ready To Be Heard

Testimonials:

"Amanda's story teaches all something about who we are, and more importantly, who we should aspire to be."

-Brian Calvert (Radio Broadcast Reporter)



"Loved it! Thank you for sharing your stories, your life, your wisdom, your beautiful spirit! It was wonderful to read it... It was really sweet to read through experiences that I could relate to — not exactly the same as my experiences, but similar in ways. Thank you for gifting your book to the world! You're going to touch many lives with this book!"

- **Haben Girma (First Deaf/Blind Graduate of Harvard Law School)**

Once in a great while, a book liberates you in ways that will astonish you. Amanda McDonough's warm and moving memoir is one such unforgettable book. What seems like a straightforward memoir about a woman grappling with the fact that she has gradually, then permanently loses her hearing, unexpectedly, becomes so much more. This is a story about grit, self-love, celebration, and finding relatability with a world that I was completely unfamiliar with.

Amanda McDonough writes with unabashed joy and tenderness. In the end, you'll find yourself embracing the differences that make you unique, and the differences of others, who all are here on earth to experience the same human condition in their own right.

-Kate Ibarra

"I LOVE this and this book will be a required reading when I teach Deaf Studies."

- **Neil Sproue (ASL Consultant/ Teacher)**

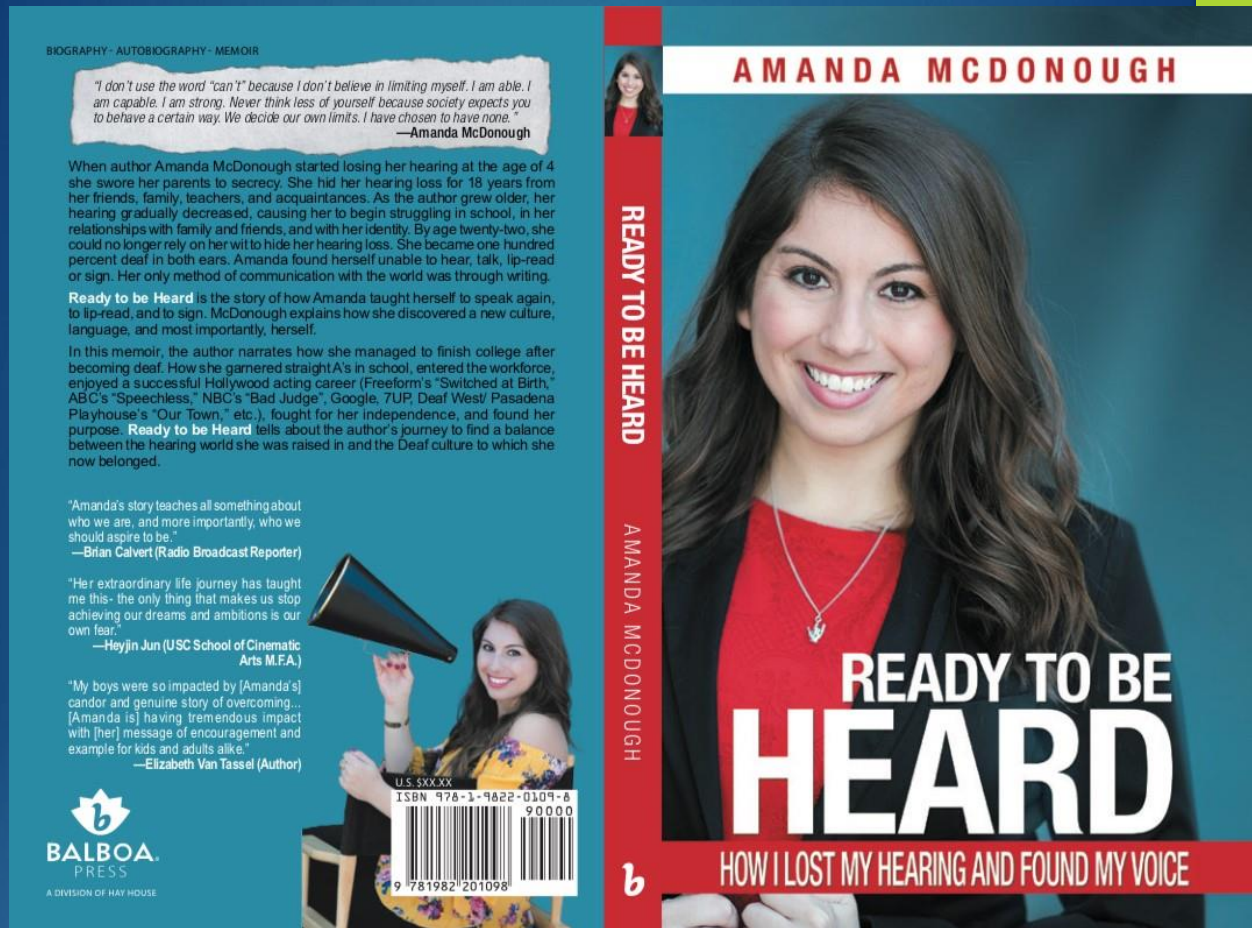
"Her extraordinary life journey has taught me this- the only thing make us stop achieving our dreams and ambitions is our own fear."

- USC School of Cinematic Arts M.F.A. Heyjin Jun

"My boys were so impacted by [Amanda's] candor and genuine story of overcoming... [Amanda is] having tremendous impact with [her] message of encouragement and example for kids and adults alike."

-Elizabeth Van Tassel (Author)

Ready to be Heard



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