



# Me And My Shadows: A Family Memoir

*Lorna Luft*

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Born into the twin shadows of a famous mother and older sister, Lorna Luft was always referred to as Judy Garland's "other daughter." But the little girl who first performed "Jingle Bells" at the tender age of four on stage with her mother was blessed with her own talent, zest for living, and knack for survival. This is the first insider portrait of one of Hollywood's most celebrated families -- and a remarkably intimate and loving chronicle of an astonishing childhood and a struggle to overcome a legacy of fame and self-destructive behavior.

The question follows her to this day: *"What's it like to be Dorothy's daughter?"* Although by appearances glamorous and at times truly thrilling, growing up as the daughter of Judy Garland and producer Sid Luft was anything but a journey over the rainbow. With unsparing candor, Lorna Luft reveals a rare story of a little girl, her half-sister Liza Minnelli, and baby brother trying desperately to hang on to the mother whose life seemed destined to burn brightly but briefly. A beautiful and brilliant performer, Judy was a warm and funny woman who loved her children unconditionally -- but she was also the victim of a powerful dependence on alcohol and prescription drugs, which eventually claimed her life.

Now her daughter, Lorna, makes an extraordinary journey back into the spiral of love, addiction, pain, and loss that lurked behind a charmed facade. Filled with behind-the-scenes dramas, hilarious untold stories, and little-known details of Garland family life, it is a tribute to Lorna's victory over her own past. The proud mother of two children, she has at last laid the groundwork that enables her to share the tale only she could tell, unveiling the intensely personal side of life as Judy Garland's daughter.

Ultimately a story of forgiveness and hope, of love and its limitations, *Me And My Shadows* is a deeply moving testament to the healing powers of embracing one's past, facing one's demons, and charting a course of self-love and discovery.

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