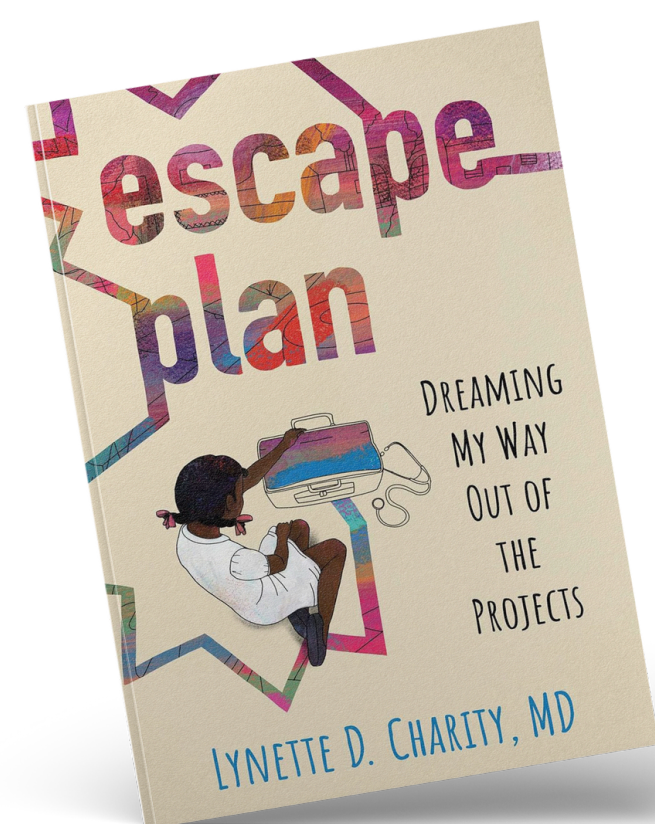


Escape Plan: Escape Plan: Dreaming My Way Out of the Project

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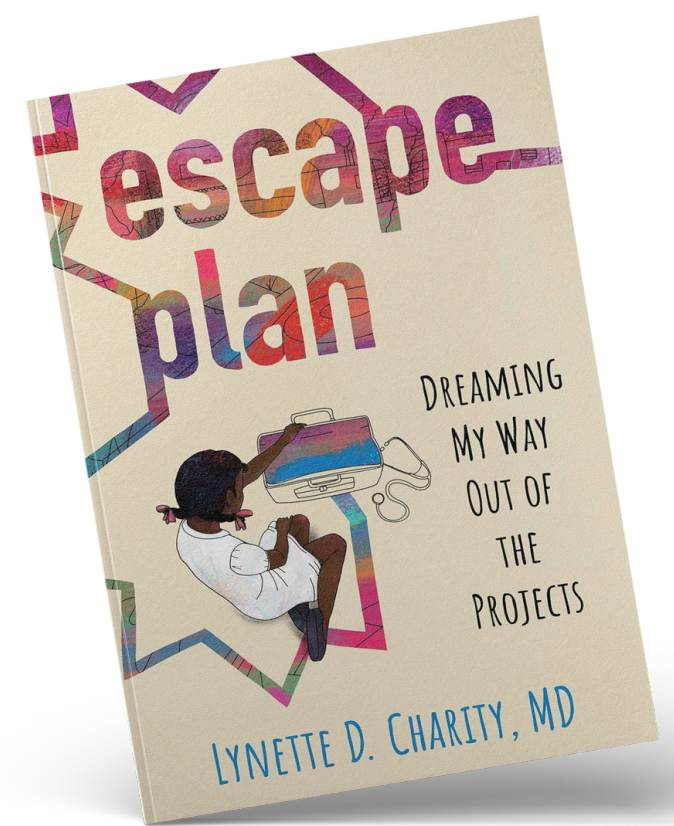
Author Bio

Dr. Lynette Charity is a Board-Certified Anesthesiologist with over 35 years of experience, a motivational speaker, humorist, and published author. Growing up in the segregated South, she overcame significant challenges to achieve her dream of becoming a physician. Lynette's writing career is marked by her memoir, *Escape Plan*, which chronicles her journey of resilience and determination. Her unique blend of humor, medical expertise, and personal anecdotes makes her an inspiring and engaging author.

Dr. Lynette Charity's journey is a testament to perseverance and resilience. Born and raised in the segregated South, she faced numerous obstacles on her path to becoming a physician. Despite being told that no medical school would accept a Black woman, Lynette graduated with honors from Chatham College for Women and earned her medical degree from Tufts University School of Medicine. She has practiced nationally, internationally, and as a U.S. Army doctor, achieving the rank of Lt. Colonel.

Lynette's influences include her experiences growing up in a challenging environment, her passion for medicine, and her desire to inspire others. Her notable achievements include competing in the semi-finals of the World Championship of Public Speaking, winning a third-place trophy, and delivering keynote speeches at prestigious events such as the Coimbra Medical School In4Med Conference. Lynette's memoir, *Escape Plan*, captures her remarkable

Lynette Charity's life is filled with fascinating stories and fun facts. One memorable moment was when she decided to become a stand-up comedian after being fired from her job as an anesthesiologist at the age of 60. This unexpected career shift led her to join Toastmasters, where she honed her public speaking skills and competed at the World Championship of Public Speaking. Lynette's ability to blend humor with her medical expertise has made her a sought-after speaker and a beloved figure in both the medical and comedy communities. She often shares her experiences with audiences, encouraging them to pursue their dreams and find joy in every aspect of life.



Book Information

- Title: Escape Plan: Dreaming My Way Out of the Projects
- Genre: Memoir/Autobiography.
- Synopsis: A concise summary of the book's plot and key themes
- Cover Image: High-resolution image of the book cover
- [Purchase Link](#)
- ISBN-10 : 1647427789
- ISBN-13 : 978-1647427788

Synopsis

- Escape Plan is a compelling memoir by Dr. Lynette Charity that chronicles her journey from a challenging childhood in the early '60s South to becoming a physician in a time when Black women doctors were nearly unheard of. The book begins with a pivotal moment in Lynette's life at nine years old, when she witnesses domestic violence and resolves to escape her tumultuous home life. Inspired by the TV show Ben Casey, she sets her sights on becoming a doctor as her way out.

Navigating the racially segregated educational system, Lynette overcomes numerous obstacles with determination and resilience. She forges her mother's signature to attend a better-resourced white school and earns a full scholarship to Chatham College, where she graduates with honors. She continues her journey at Tufts University School of Medicine, where she is one of seven Black women in her class.

Throughout the memoir, key themes of resilience, perseverance, and the power of education and determination shine through. Lynette's story is raw, candid, and inspiring, showcasing her ability to transcend adversity and fulfill her dreams. The book highlights the importance of breaking cycles of trauma and the role of supportive individuals in achieving success. Escape Plan is a testament to Lynette Charity's unwavering strength and serves as an inspiration to anyone facing their own challenges.