Early Life and Privileged Upbringing: Eleanor Roosevelt was born on October 11, 1884, into a wealthy and socially prominent family in New York City. Despite her privileged background, her childhood was marked by personal tragedy as both her parents died before she turned 10 years old.

Struggles with Insecurity: Despite her later image as a confident and influential figure, Eleanor Roosevelt faced severe insecurity and self-doubt in her youth. She felt unattractive and struggled with a sense of inadequacy, partly due to the domineering presence of her mother-in-law, Sara Delano Roosevelt.

Marriage to Franklin D. Roosevelt: Eleanor married her distant cousin, Franklin D. Roosevelt, in 1905. The couple had six children together, but their marriage was complicated by Franklin's political ambitions and extramarital affairs. Despite this, Eleanor remained fiercely devoted to him and his career.

Transformation as First Lady: As First Lady during Franklin D. Roosevelt's four terms as President (1933-1945), Eleanor redefined the role, becoming an active and influential advocate for social causes. She championed civil rights, women's rights, and the welfare of the poor and marginalized, using her platform to address important issues of her time.

Human Rights Advocate: After her time as First Lady, Eleanor Roosevelt played a pivotal role in the creation of the Universal Declaration of Human Rights (UDHR) adopted by the United Nations in 1948. She chaired the UN's Human Rights Commission and worked tirelessly to promote human rights and dignity worldwide.

Political Ambitions: Despite her transformative role as First Lady, Eleanor Roosevelt never sought political office herself. However, she remained politically active and used her influence to support various Democratic candidates and progressive causes.

International Diplomacy: Eleanor Roosevelt's global impact extended beyond the United States. She traveled extensively as a diplomat and goodwill ambassador during her husband's presidency and after his death, promoting understanding between nations and advocating for peace.

Close Friendship with Lorena Hickok: Eleanor Roosevelt shared a close and intense friendship with journalist Lorena Hickok, often referred to as "Hick." Their correspondence, now preserved in the Franklin D. Roosevelt Presidential Library, reveals a deep emotional connection and support for each other during challenging times.

Author and Columnist: Eleanor was an accomplished writer and authored several books, including her autobiography "This is My Story" and "This I Remember," which provided insight into her life and experiences. She also wrote a syndicated newspaper column called "My Day," which reached millions of readers.

Legacy and Commemoration: Eleanor Roosevelt's legacy endures as one of the most influential and admired First Ladies in American history. Her contributions to civil rights, women's rights, and human rights continue to inspire and shape the world. Her former residence at Val-Kill in Hyde Park, New York, is now a National Historic Site, and she is often remembered as the "First Lady of the World" for her global impact on human rights and diplomacy.