

# Real GORGEOUS

The truth about  
body & beauty.

By  
Kaz Cooke



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## Real Gorgeous: The Truth about Body and Beauty



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A hilarious and empowering publication for girls and women who are insecure about their body image. Plastic surgery sucks. Marketing lies. You can battle the Body Police. Cheap cosmetics can be as good as costly ones. You can recover from an consuming disorder. Your thighs are pretty adorable. Yours is definitely one of them. Consider it from Kaz Cooke: "There are millions of gorgeous body forms. Modeling can be miserable. Exercise ought to be fun not really duty. You can read publications and watch television critically. Dieting doesn't work." At last, this is a reserve that tells you how to be friends with your body. Real Gorgeous can be a big, funny, reassuring read about style fibs and diet plan myths?and the truth about, among other things, push-ups, push-up bras, and the fantastic cellulite scam. It really is meticulously researched and practical, nonetheless it avoids impenetrable theory and rather embraces the fun of clothing, makeup, and life in general. Packed with jokes, Cooke's personal cartoons, and practical ways to find real self-esteem and avoid freak-outs and rip-offs, Actual Gorgeous is easy to read, relevant, and an essential boost for females aged 11 to 111.



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Every teenage girl should read this book, & most women Kaz Cooke is a friend to ladies everywhere. They might have been more general if they had written "There isn't a particular way to be. One to read:) One of the best I've read This was definitely one of the greatest books I've read on the main topic of body image. It will provide you with a boost, as well as a laugh, and a lot of really useful, practical information. It could just change the way you appear at dieting, wellness, fashion etc. You need to be yourself" I think that Kaz Cooke probably must not be paid attention. There are a lot of cartoons, drawings and real life letters, suggestions on what things to say to "your body police" and tips on how to increase your body image, amongst other things. This book is a good counterpoint to the madness that young women proceed through each day. It's a practical, mature healthy method to live and believe. If there's one thing, this book shows it's that body picture issues are even more of a global issue than just within our group of friends.) And it appears to be aimed at younger women, too (at least under 30.. Give Yourself a Break From Your Own Negativity Who is Kaz Cooke and why haven't I heard of her? Hmmm! HA! We females all have books, ads, tips, etc.. I use this publication in my work continuously as a mental health counselor and apparently someone I lent it to liked it so much they kept it so I'm ordering another! I would definitely recommend & What may I say? This review is fantastic! This book is brilliant for boosting your self esteem and helping you appear at some things differently. It makes you not really want to be on a diet, it makes you feel good for who and everything you are, looked after makes you want to be a better person and not be negative about how you look or how someone else looks. In the event that you buy it, you'll see what the heck I'm trying to say, k? I know I'll go back to this book time and time again to laugh at the cartoons and enjoy Kaz Cooke's straightforward writing style and, even if just a little, experience better about being a girl. Consuming disorders should never be the answer. But I didn't like how they continued dissing on skinny girls. One of those close friends who can tell you the truth but still cause you to feel better. Lots of perspective and a breath of fresh air. I could not help but reading it initially myself and from the beginning I understood it had been the right book for her.. I think that Kaz Cooke probably must not be paid attention to for medical tips. She is far as well forgiving of being overweight which is shown to be harmful, and she doesn't have a medical degree.. It was good total. This is helpful information for an improved life I bought this book for a gift to my most effective girlfriend.. She actually is so worried about her body which book sure helped her. She now understands that she is what her brain is not what her butt is certainly! Great gift for girls that seem so worried about their bodies. Still, I completely enjoyed it. An inspiring look at issues highly relevant to modern women Kaz Cooke is amazing, and this book proves it. The book was in better condition than they explained. I couldn't place it down the next after I read some of it. The publication covers problems like body picture, advertising, make-up and beauty myths. I actually couldn't put it down. Real Gorgeous is approximately body shapes, areas of the body, exercise, plastic surgery, fashion, dieting, advertising, modelling, eating disorders, giving an answer to the body police and so much more. . Cooke is another creative artist from right here.. Don't perform anything, trust your body in its candy cravings and meals selection and become happy, even though you ARE looking like a space-porker. I ordered this book over Amazon.com, and I just got it yesterday. In better condition than they described. This book is so funny and (how is this possible? recommend this company! Apart from being incredibly funny and well written, this publication tackles some almost taboo topics with a brand new, mature attitude. She actually is the creator of Hermoine, the present day Young lady, a colourful caricature who's also featured between the pages of Real Gorgeous. WOW! utilize this company again. Adds even more confusion to the whole misunderstandings. Wow am I surprised! constantly thrown at our heads about our looks, our excess weight, our anatomies, etc. ever since the term, "self-esteem" was initially coined or something. The Australian article writer, cartoonist, filmmaker and columnist includes a slew of functions to her name. It can have a pretty good, rather sarcastic love of life occasionally, though. They will be the target of press that's grooming them into idealized sex objects and brainwashing them into ready cash cows, too. Busting the unrealistic self-picture marketed to (or stuffed into) us by media and corporations is an excellent intention.!) Why? For instance, this book claims that you can do away with calorie-counting and bathroom scales totally WHILE another feminine cartoonist-writer boasted in her very own comic-style book that she got thin from precisely both of above. (Just how a little 13-year-old girl's comment bemoans how flat-chested she actually is or how gross her thighs are is pretty disturbing, IMHO. Funny and great book! I read this publication then purchased it as presents for a number of

friends. Its compiled by an Australian writer who uses amusing and self-explanatory vocabulary to illustrate how mass media and other influences impact our self esteems and how to get started to cope with it. This reserve is well-written and is a superb book for people who want to have a realistic and well balanced perspective on their bodies. Guide to self-soothing "Road to Hell is paved with good intentions" - that's an exact characteristic of this book. (And BTW, how do you tell how much weight you're losing AND gaining, too unless you check up on the scale occasionally? This is advice that could help save many adolescent women from falling in to the typical pattern of low self-esteem, crash dieting, and body hatred. Yes, it's a women's book but it is frequently directed toward girls too. health counselor and evidently someone I lent it to loved it so much they held it therefore ai ma ." Pardon me, but our modern environment, meals quality and living behaviors are far, far away from being normal. And to restore the total amount, to get close to hook resemblance of normal the huge work must be done, including rigorous restraining yourself from over-eating over-processed over-refined meals and obtaining a lot and large amount of exercise. Suggested 15-20 minutes 3 x a week is laughable, you might aswell call pushing switch on your TV remote an working out. Besides that, nevertheless, she will drum up a lot of self-confidence and tells you that it's OK to be yourself, and to take the pressure off..) upbeat about all the horrible and ridiculous indignities that girls are taught to suffer that I am, as I write, on my way to ordering a second copy to contribute to my high school's library (the 1st time I've ever been shifted to do this).. So is this shiny pink book filled with odd-looking, beak-nosed female heroes with unshaved armpits, pointy breasts, and stubbly stork hip and legs really any not the same as the rest? I barely found any creases or markings in the book. It's bound on my set of Size Acceptance recommended reads! Its primary message repeated over and over is normally "Whatever you are - that's regular. It touches on so many topics relating to your body and beauty; providing some research, some quotes plus some of the authors own views. Each chapter has suggestions for further reading. True Gorgeous isn't a fat book but a body image book. Anyone will find at least among the anecdotes in the shadow boxes, placed throughout each chapter, to relate with. LOVED this! Canadians, Australians, and Americans are dealing with similar issues regarding body image. Body picture issues are also not really delegated to one body type. I got \_True Gorgeous\_ as a 17th birthday present, which is about 5 years later on than I want I'd read it. Please purchase this for every adolescent girl you know! This publication is a guidebook for a new better life. It gives you a lovely, funny, entertaining look at the media's idea of "beauty", ways to have a more positive body picture, why diets don't work, etc. However the book works to the contrary extreme. On top of that, it's shown in a light-hearted, positive, friendly fashion that nearly any girl will enjoy. Please do the girls around you a favor and present them to the fun, positive, uplifting reserve (after reading & taking pleasure in it yourself, of training course)!



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