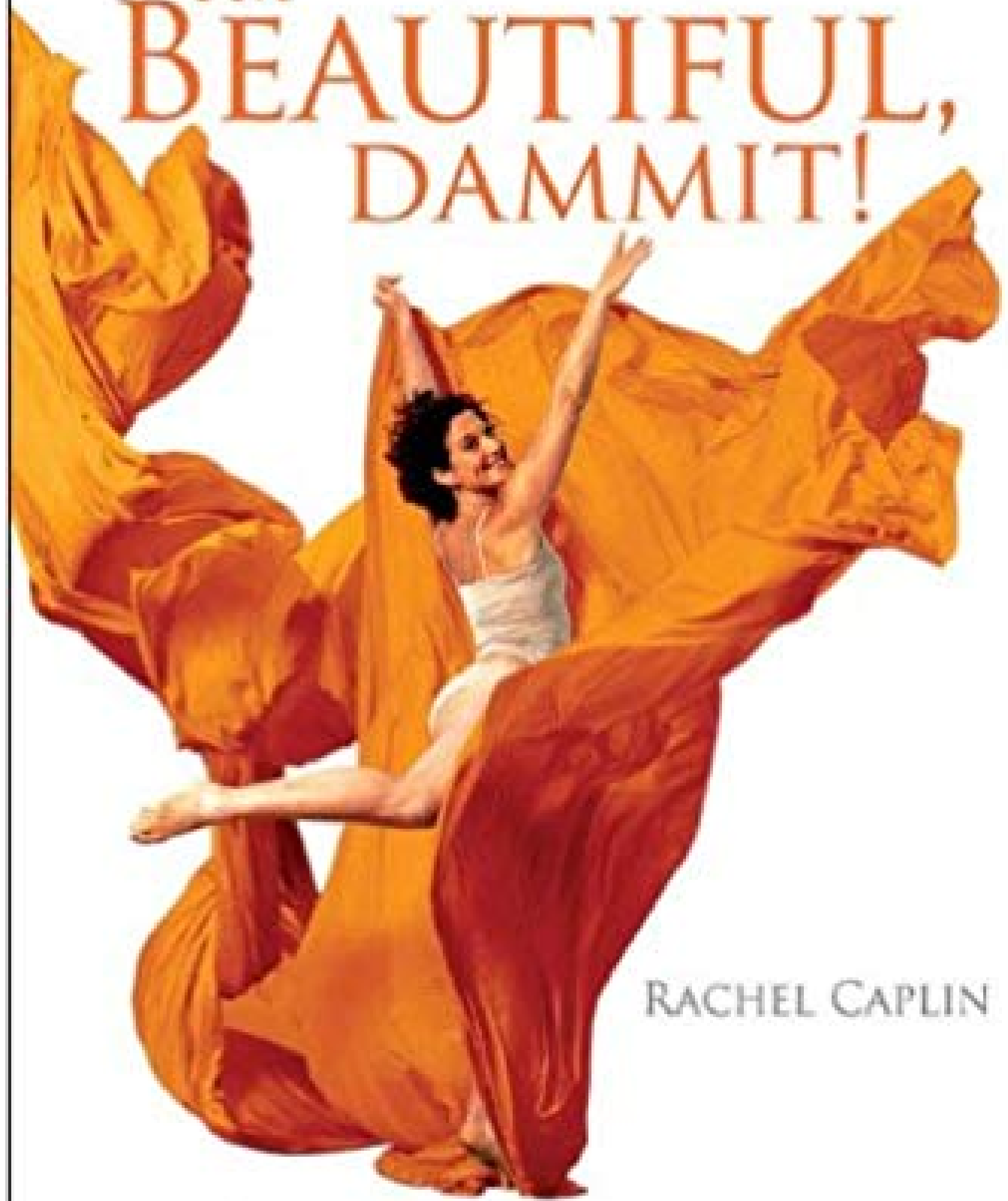


I'M  
BEAUTIFUL,  
DAMMIT!



RACHEL CAPLIN

WAGING YOUR OWN  
CURVOLUTION

Rachel Ann Caplin

I'm Beautiful, Dammit!: Waging Your Own CurvOlution



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In a country where in fact the majority of females are dissatisfied with their bodies, the brand new way of thinking contained in these pages is crucial in developing new attitudes towards body image. The writer't be produced bigger or smaller or elsewhere fixed, changed, starved, buffed, clipped, nipped, or tucked.s bodies needn' Teaching women to feel genuine, unconditional love for their bodies through laugh-out-noisy funnies, poignant tales, and proactive and effective tools, this book reiterates with power that ladies's personal stories of self discovery are coupled with study on body picture and quotes from feminine writers and celebrities, all intended to help women liberate from body obsession.



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Uplifting, Funny I read this whenever I am feeling down on the subject of my own body. Instead I grew up on the seashores of California where we hardly ever ate- just drank selzer waters- rather than sat up in a bikini, covered ourselves in towels to the water's edge and were constantly concerned about what we looked like! It was funny and refreshing. I LOVE THIS BOOK!!! Finally, a book that isn't out to change my own body, just change my thoughts and my views about my body. The very first time I went to Europe I remember being incredibly envious of the girls my age group (teen at that time) who were sitting around the seaside topless eating big sandwiches with belly rolls going out and were totally more comfortable with themselves! I wished I could've been that. It is extremely uplifting and reminds us of many of the positive factors we just forget about ourselves. EXHAUSTING. Our nation gets the most warped body picture of any other country on the planet and lastly Rachel has tackled this matter with humor, study and a light hearted smack to get us finally loving ourselves! The actual fact that this can be well written was icing on the cake. Thanks for a fantastic book, Rachel. OOOH ! And we should all provide ourselves a break from the constant self-criticism aswell! Reading this woman's book was like drinking from a interesting stream on a hot day. Everything in our mass media instructs us to loathe ourselves.. (Ya, right. Quirky, fun + honest to boot!! I'm today waging my own Curvolution! Thank God somebody is finally speaking up and calling a spade a spade. Just about everyone has heard this before nonetheless it is time we all started to walk the walk: beauty not merely comes from within, it also comes in all shapes and sizes! This CURVOLUTION ought to be TELEVISED! Be Happy, Be Healthy I found this book both entertaining and education. Being a woman who has already established ongoing fat and body image problems since 3rd grade, this book is a godsend. Thank you, Thank you, Thank you I just want to say thank you to Rachel for checking and exposing herself, sharing her have a problem with body acceptance and inspiring me with her recommendations and stories of achievement. This book is the ideal antidote to a tradition obsessed with unnatural expectations of ladies. After scanning this I "got it." The upshot--yes, care for yourself, eat healthful and obtain regular, moderate workout, but usually do not feel any less gorgeous if you fail to wear a size 0, or in the event that you experienced a slice of pizza today or in the event that you didn't run 10 miles a day time this week. We all have been beautiful inside our own right, DAMMIT! image changing with so many unrealistic pictures it really is empowering to finally find someone with an authentic voice telling us all to appreciate the wonder that we each curently have. This book made me want to just venture out there and shine. Instead of tear one another down, we ladies must unite and recognize that there are many faces of beauty--not just the one very thin (pun intended) definition forced down our throats by the media. LET ME START LOVING MYSELF!! This book is normally a positive, uplifting leap in the right direction--Move RACHEL!! Heartily recommended! Rachel's style is charming, honest and captivating and her message of body acceptance is indeed necessary in a culture where I could scarcely think about a gathering of women where weight and body issue does not come up, usually in the context of shame and self-loathing. Rachel, Many thanks! This book can be a breath of oxygen and a powerful tool for any person who is looking for inspiration and some truth into the epidemic we you live in. I am not by yourself as I know many women have a problem with the illusion of a "perfect" body which to begin with is nearly impossible to obtain yet only sustain. I can't wait for the next book! Empowering and positive All I can say on the subject of Rachel Caplin and her excellent reserve is HALLELUJAH and a hearty thank you! females)felt insecure and uncomfortable with my own body. While I have not suffered with a weight problem, I have (like most girls & I think it is period that people stop expecting ladies to fit a certain mold or

stereotype. This book tackles that issue at once and helps woman realize we are more a like than not the same as eachother. I specifically recommend this book to young women and encourage them to accept and respect their bodies for who they are.) Permission is among the most powerful stuff we are able to give each various other and it's really all thru our own living. I was looking through your options for yet another 'get suit quick' book and found I'm Beautiful Dammit!What a refreshing change it out was to read about not trying to improve everything about what makes us US but to take the time to reflect on the wonder that's inside us all. JUST AS WE ARE- rather than 5 or 10 lbs from now. Caplin does a wonderfully fun and honest job at sharing her very own tale, poking fun at our own paranoia and demanding our paradigms all simultaneously. That is not preachy, it really is fact. Not really intentionally, of course..



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