

2ND EDITION

BEAUTIFUL

You

A DAILY GUIDE TO
RADICAL SELF-ACCEPTANCE

ROSIE MOLINARY

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Beautiful You: A Daily Guide to Radical Self-Acceptance



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inflicting immeasurable harm upon their confidence and sense of wellbeing. Every day, American women and girls are besieged by images and text messages that suggest their beauty is inadequate; In Beautiful You, writer Rosie Molinary encourages women, whatever their size, shape, and color, to work toward feeling wonderful about themselves despite today's simply no uncertain terms; media-saturated culture. Drawing on self-awareness, imagination, and mind-body connections, Gorgeous You incorporates practical methods into a 365-day action strategy that empowers women to regain a healthy self-image, shore up self-confidence, reframe and break undermining habits of self-criticism, and champion their own emotional and physical wellbeing. Through available, doable daily actions, women and girls should manifest a wholesome outlook on life; Molinary steers clear of the florid affirmations and daily meditations frequently utilized by books aimed toward personal development, and instead delivers a hip, modern guide of inspirational thought that keeps pace with the times. teaching them to live large, and starting them on the path to learning to love themselves and others.



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The daily jobs that focus on journaling tend to be helpful and insightful, challenging the reader to improve certain ways of thinking or think about how she treats and cares for herself. Self help body image Love this publication if you are looking for an improved body imagine.it has powerful, life-changing suggestions and exercises. Well, Molinary assumes her readers have sufficient disposable income to buy an excellent bra or book a massage to complete a task.. The standard of the daily recommendations is quite uneven.The message of Beautiful You can be an vitally important one for women (well, for everyone -- but this book is geared mainly toward women). Unfortunately I was looking to better myself generally so it didn't quite help with the others. Entire sectors depend on continuously reminding us that we're not good enough, that we'd be more worthy only if we used this make-up, or changed our hair, or lost fat, or whatever. In Gorgeous You, author and activist Rosie Molinary reminds us that we don't need to purchase into all that unfavorable garbage to feel good about ourselves.Great concept if you're ready to tinker with a number of the duties.I'm uncomfortable that some duties require the reader to venture out and spend cash, which appears both counterintuitive and sort of.. Self care book Super excited to start working through this book! I've stuck with the reserve so far (generally), and I'm committed more than enough to finish out the year (and I've paged through and skimmed many of the duties I haven't completed yet). At least the massage task contains cost-cutting suggestions (consider local massage institutions or flat-out ask someone for a gift certificate), but it'd end up being nice if the duties that suggest this sort of issue also included an alternative suggestion. We don't all have a lot inside our budgets for hair makeovers (day time 147) or professional tailoring (day 124), for example. This is a good tool when dealing with people who have body image issues.. For example, day 16 instructs the reader to draw an honest picture of herself. Its not necessary serious artistic talent for tasks like that -- the result could be insightful either way, and I desire there were more similar recommendations. The only other similarly creative one I've come across so far was time 22's "Paint a Plate," which assumes the reader has a pottery-painting store nearby and the time/money to gain access to it.Rosie Molinary also will workshops;" I am sorry, but I can not give an honest review of this book and or climate it could be helpful to other people. It is a VERY easy browse as it is a full page or two every day and takes just 15-20 a few minutes to learn and journal.In the event that you give this book a try, be prepared to skip or rework a number of tasks to suit your life, your needs, and your budget. I realize Molinary is wanting to appeal to an enormous audience with a variety of body-image issues, but I'd love to see greater versatility in certain tasks and a larger number of artistic/creative tips. Beautiful You is a good concept that can be made far more beneficial and individualized if the reader is usually willing to tinker. An exploration of you. It could be appreciated by anyone of any age group or gender who is willing to become introspective. I was impressed that the author dedicated plenty of exercises for there to become a long time to enjoy the publication - you can't blow through it in fourteen days. Thoughtful book encourages holistic wellness This book had a whole lot of exercises and journaling prompts that were linked to holistic wellness - related to all areas of one's life, not just beauty.. Very versatile. I ordered this book last month and wanted to give it time before reviewing. That is really an amazing book, especially for those of us who struggle with body image. The format requires a daily assignment-but is usually headed "Day 1, Day 2", so that you can start any day or even skip around to find a daily assignment that interests you. A few of the assignments take moments, others quarter-hour or so. The focus of every assignment is focused on building self-self-confidence in yourself and your body. however, the theory is excellent and the transformation is normally powerful. I made up my own related art task to do instead. for those who have the opportunity, I highly

recommend them. They are warm gatherings of positive energy and acceptance; I know plenty of individuals who have it and that influenced this purchase. Actually my therapist bought this book after looking through it. I am never a reader, but understand and like Rosie enough to know I would enjoy her writing as well. This book has been life changing in making me realize that I am beautiful and that I should not let anyone or anything convince me otherwise. That is a FANTASTIC book for almost anyone (especially women) who usually do not appreciate themselves as they should. They don't really all have to be artistic, either -- "Develop a Soundtrack" on time 91 was a lot of fun, and it led me to the discovery of a new favorite song. I highly recommend it to anyone searching for an inspirational, short daily read to better love, know, and accept yourself!! Great Book I have already been really learning a lot by dealing with the suggestions in this book. You can find 365 times of readings but it is simply as effective...if not more therefore....to take the days' material when one is ready. The book is actually worth looking at. Best gift Among the best books I've used for building my very own self well worth and learning what makes me happy."I'd want to see more days with creative/artistic suggestions.. It's now mid-May; Some of the exercises are less awesome than others; Women Bonding I've been reading through this book as part of a reserve group and it's really worked wonders in resulting in insights for myself and various other women in addition to giving us common floor for bonding. Buy this for the teenager in your life who may struggle with self acceptance, or the woman who seems to usually put herself and her very own needs last. This is a good tool when coping with individuals who have body image .. However, I'm conflicted about how exactly to rate the book. After seeing several such duties, I chuckled when I noticed that day time 93 is "Don't Be a Consumer. I could see it used with a variety of people in school settings, with parents/children and perhaps community settings. Points off because it actually requires you to get a companion publication to go with it.. Great resource. Short and Lovely Daily Excerpts to Like Yourself I am a college student at UNCC and had Rosie simply because a professor (the best so far) and was extremely excited when We heard this publication was coming out. It's great that you could scan for several topics you're fighting at a particular moment, or sort out the topics one at a time.. I was glowing for days afterward.. I give it as something special to all my family members of all ages now. I purchased this book in past due 2015 with the purpose of tackling among its suggestions each day in 2016. Culture and the press inundate us with impossible-to-attain ideals of physical perfection. Good reading My daughter got several books and loves reading this one, she actually is not done yet but she will believe it is well written and would get another publication from this author. Five Stars My child loves this book I never read the book and ordered it a long ... I never read the publication and ordered it in the past on the tips of a friend. My world watch has radically transformed and feel free in who I am with no need of practicing "radical self-acceptance. Following the tasks in this publication would be so much more fun if the journaling or "venture out and do that" ideas were offset by more creative prompts. Don't have to journal to enjoy. We am reading a small amount of this book when I have period. I haven't used it as journaling device, but still a thoughtful read.



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