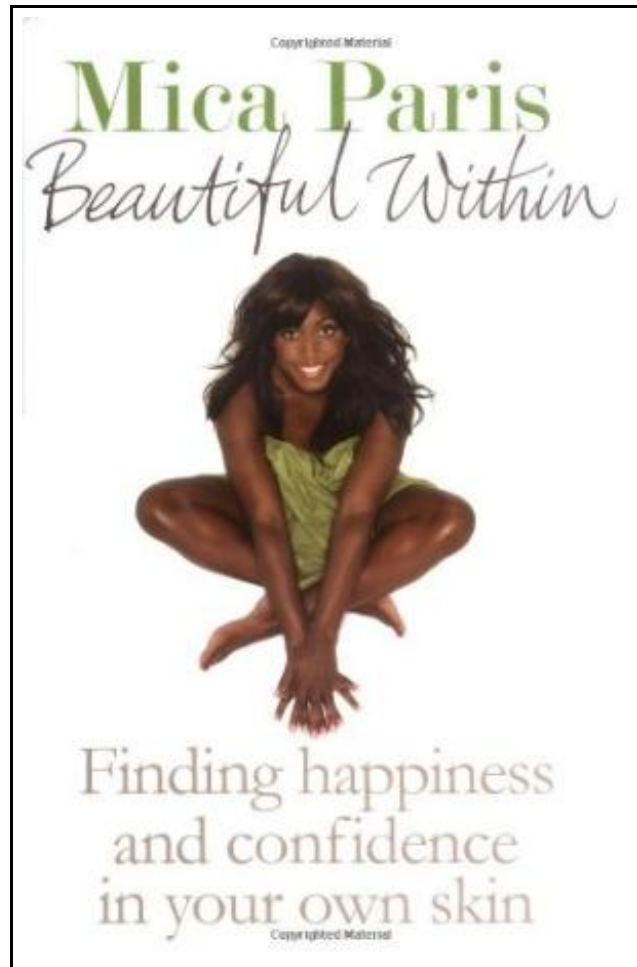


Beautiful within: Finding Happiness and Confidence in Your Own Skin



Filesize: 5.62 MB

Reviews

The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.

(Prof. Alvis Wuckert)

BEAUTIFUL WITHIN: FINDING HAPPINESS AND CONFIDENCE IN YOUR OWN SKIN



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Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Beautiful within: Finding Happiness and Confidence in Your Own Skin, Mica Paris, Mica Paris has been famous since her teenage years. Her rapid success as a singer meant that she was bullied into slimming and had an unhealthy obsession with her appearance. For years she dieted, ate badly and was unhappy. A crisis forced her to sit up and realise that she could change her bad habits and think differently about herself. Mica feels that many women's negative self-image is encouraged by the media's constantly damaging messages: about striving to be a size zero, fear of getting old, need for cosmetic surgery and an insatiable thirst for material goods. How is it, she asks, that our role models are anorexics and drug addicts? We need to remember where true happiness comes from, stand firm and be proud of who and what we are. In BEAUTIFUL WITHIN, Mica talks about her shift of emphasis from being thin to being fit, the adjustments she made and good habits she cultivated: moderate exercise, a ban on diets, a powerful change in outlook. She also discusses how she has gained strength from her spirituality and how it gives her a sense of optimism. With a mix of practical tips and honest personal revelations, BEAUTIFUL WITHIN is an inspiring look at how we can all turn our lives around and choose a healthy, sane way to live.



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