# Girl wash your face by Rachel Hollis

## Why should I know about this book?

Have you ever believed that you’ll never find your dream job so you might as well settle for something less? That you should just be satisfied with your OK-but-not-great sex life? That you’ll never be thin? That it just isn’t possible to change things?

Well, you’re not the only one. Millions of women tell themselves these lies every day – and they believe in them. But when it comes down to it, there is one simple truth in which you have to believe. You – and you alone – are in control of your life. And you have the power to follow your dreams.

You have the power and the passion within yourself to break out of a cycle of negativity and to choose the life you want to lead. Not tomorrow, or next month, or next year. But today.

## Sounds interesting, let us dive deeper

Stop breaking promises to yourself – act on your goals today. We often make commitments to ourselves then abandon them. This is letting yourself down. Make realistic promises you can keep, like running a few kilometres 4 days a week. Build a habit of keeping promises

Your dreams are yours to manage – don’t take no for an answer. Pursue your dreams regardless of naysayers. The author published her book despite being told it was too boring. With patience and perseverance, you can achieve your dreams however long it takes.

Don't believe you should settle for a boring sex life. The author went from inexperienced to having a great sex life. She embraced her body through positive self-talk. Committing to sex every day built intimacy and desire. Whoever you are, you can have an exciting sex life.

You can’t control chaotic home life – embrace it. As a busy mom, chaos is inevitable. Don't think you've failed when it strikes. Laugh at the absurdity. Say yes to any offers of help. Go with the flow instead of fighting it.

Don't let your weight define you. If unhealthy, you should work to improve, not just accept yourself. But don't be extreme. Edit social media inputs. Switch to healthy choices. Reclaim your health.

Embrace diversity for a richer life. The author's sheltered upbringing limited her worldview. She's grown through making friends with someone totally unlike her. Push beyond your comfort zone. Seek varied perspectives.

Envision your dreams and fantasies to stay focused. The author fantasized about marrying her celebrity crush, which didn't happen! But visualizing goals like buying a coveted purse motivated her. When you attach a tangible reward to a dream, it drives you forward during challenges.

In summary, keep your promises and pursue your dreams relentlessly. Don't accept limitations on happiness, health or success. Expect more and achieve it through self-belief. Embrace chaos, diversity and visualization to live life to the fullest.

## Key Takeaways

1. Stop breaking promises to yourself – act on your goals today.
2. Your dreams are yours to manage, so don’t take no for an answer.
3. Whoever you are, don’t believe the lie that you should settle for a boring sex life.
4. You can’t control the chaos of your home and family life, so embrace it.
5. Don’t allow your weight to define you.
6. Embrace diversity for a richer, more interesting and more productive life.
7. Envisage your dreams and fantasies to help keep you focused and moving forward.