

[Free PDF File] SUMMARY Of Girl, Wash Your Face: Stop Believing the Lies About Who You Are so You Can Become Who You Were Meant to Be By Rachel Hollis

# SUMMARY

OF

## *Girl, Wash your Face*



*Stop Believing the Lies About Who You Are  
so You Can Become Who You Were Meant to Be*

**RACHEL HOLLIS**

**BOOK ADDICT**

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Summary Of Girl, Wash Your Face: Stop Believing the Lies About Who You Are so You Can Become Who You Were Meant to Be By Rachel Hollis | Book Summary | Book Addict The book Girl, Wash Your Face by Rachel Hollis carries one main theme throughout its chapters: that what becomes of your life, ultimately, is up to you. You have so much power to dictate the outcome of your life, but without trashing all the untruths youve been fed so far (and even the ones you fed yourself), theres no harnessing the potential of that truth. Hollis teaches women how to overcome these falsehoods by sharing her personal experiences. Each chapter begins with her telling readers how she once patterned her life after a particular lie. She ends each chapter with a couple of tips that helped her overcome said lie. Some of the lies she tackles border on self-worth, the true source of happiness, the root of gossip, and many more. This book contains a comprehensive, well detailed summary and key takeaways of the original book by Rachel Hollis. It summarizes the book in detail, to help people effectively understand, articulate and imbibe the original work by this great author. This book is not meant to replace the original book but to serve as a companion to it. Contained is an Executive Summary of the original book Key Points of each chapter and Brief chapter-by-chapter summaries To get this book, Scroll Up Now and Click on the Buy now with 1-Click Button to Download your Copy Right Away! Enjoy this edition instantly on your Kindle device! Now available in kindle, audio and paperback formats. Disclaimer: This is a summary, review of the book Girl, Wash Your Face and not the original book.

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