



# 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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## **Beautiful You: A Daily Guide to Radical Self-Acceptance** Rosie Molinary

In *Beautiful You* author Rosie Molinary passionately encourages women—whatever their size, shape, or color—to work toward feeling wonderful about themselves despite today’s media-saturated culture. Drawing on self-awareness, creativity, and mind-body connections, Molinary incorporates practical techniques into a 365-day action plan 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 well-being. Through accessible, doable daily actions, women and girls learn to manifest a healthy outlook on life—teaching them to live large, and starting them on the path to learning to love themselves and others. Molinary steers clear of the florid affirmations and daily meditations often utilized by books geared toward personal growth, instead delivering a hip, modern guide of inspirational thought and action that keeps pace with the times. A practical, candid, and accessible handbook, *Beautiful You* strikes a chord with every woman who has ever faltered in her self-confidence or lost her personal brilliance—and it makes sure she never lets it happen again.

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