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Be Beautiful, Be You (English Edition)



Par Lizzie Velasquez
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Description :

Prsentation de l'diteur"" After spending years wanting to look like everyone else, I realized I needed to love and accept myself just as I am. When I stopped listening to other people and started making a life for myself, I discovered my purpose in life, my passion. Is someone or something hurting you? Are you feeling alone or lonely? Afraid? Misunderstood? Do you wish even just one person would listen to you? Do you have a decision to make and need help choosing a path? I want to give you the tools to figure out what to do about each of those problems."" Lizzie Velasquez, Be Beautiful, Be YouWhen an Internet video calling her The Worlds Ugliest Woman went viral, Lizzie Velasquez set out to discover what truly makes us beautiful. Now she shares what she learned on that faith-filled journey.In Be Beautiful, Be You, Lizzie uses anecdotes and exercises to teach readers to recognize their own unique gifts and blessings, talk to God in their own words,

deal with disappointment, make and maintain healthy friendships, and set realistic goals. In a world filled with airbrushed celebrity photos and plastic surgery, Lizzie Velasquez is a refreshing force of nature whose story will inspire anyone who has ever felt singled out, misunderstood, or afraid and who hasn't? Lizzie Velasquez is a communications major at Texas State University in San Marcos. She is one of only three known people in the world with a medical syndrome that doesn't allow her to gain weight or create muscle. Lizzie has appeared as a motivational speaker at more than 200 workshops. Her story has been featured in both national and international media, including The Today Show, Inside Edition, Australia's Sunday Night, Germany's Explosiv, and Dr. Drew. This is her second book. "Presentation de l'diteur" "After spending years wanting to look like everyone else, I realized I needed to love and accept myself just as I am. When I stopped listening to other people and started making a life for myself, I discovered my purpose in life, my passion. Is someone or something hurting you? Are you feeling alone or lonely? Afraid? Misunderstood? Do you wish even just one person would listen to you? Do you have a decision to make and need help choosing a path? I want to give you the tools to figure out what to do about each of those problems." Lizzie Velasquez, Be Beautiful, Be You When an Internet video calling her The World's Ugliest Woman went viral, Lizzie Velasquez set out to discover what truly makes us beautiful. Now she shares what she learned on that faith-filled journey. In Be Beautiful, Be You, Lizzie uses anecdotes and exercises to teach readers to recognize their own unique gifts and blessings, talk to God in their own words, deal with disappointment, make and maintain healthy friendships, and set realistic goals. In a world filled with airbrushed celebrity photos and plastic surgery, Lizzie Velasquez is a refreshing force of nature whose story will inspire anyone who has ever felt singled out, misunderstood, or afraid and who hasn't? Lizzie Velasquez is a communications major at Texas State University in San Marcos. She is one of only three known people in the world with a medical syndrome that doesn't allow her to gain weight or create muscle. Lizzie has appeared as a motivational speaker at more than 200 workshops. Her story has been featured in both national and international media, including The Today Show, Inside Edition, Australia's Sunday Night, Germany's Explosiv, and Dr. Drew. This is her second book. "