



Beautiful You: A Daily Guide to Radical Self-Acceptance

By Rosie Molinary

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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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Editorial Review

About the Author

Rosie Molinary is an author, freelance writer, teacher, and editor. Her award-winning poetry and nonfiction have been published in various literary magazines and books, including *The Circle*, *Anthology*, *Caketrain*, *Snake Nation Press*, *Jeopardy*, *Coloring Book*, *Waking Up American*, and *Wishing You Well*. Her articles have appeared online and in magazines, including *Latina*, *Teen Vogue*, *Skirt!*, *Health*, *Women's Health*, *Ms.*, and *Lifetimetv.com*. She is the author of *Hijas Americanas: Beauty, Body Image, and Growing Up Latina*. Rosie teaches a body image seminar in the Gender Studies department at the University of North Carolina at Charlotte, and travels the country to teach body image, self-awareness, creativity, journaling, social justice, and writing workshops.

In addition to holding a degree in African-American studies from Davidson College and an MFA in creative writing from Goddard College, Rosie is a certified high school social studies teacher. She lives in Davidson, North Carolina.

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