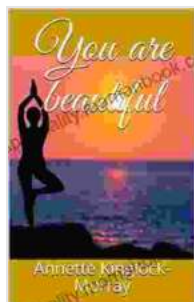


You Are Beautiful: A Journey of Self-Love and Empowerment by Annette Kinglock Murray



You are beautiful by Annette Kinglock-Murray

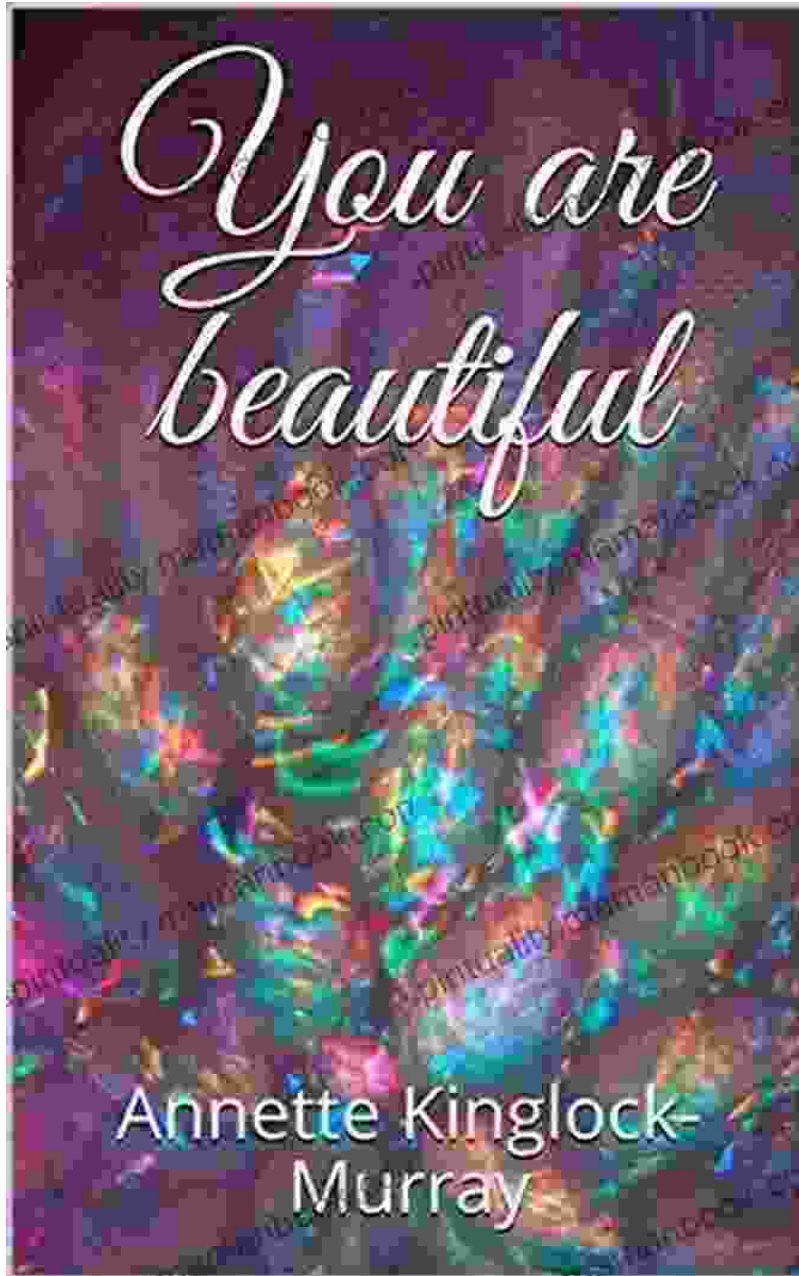
★★★★☆ 4 out of 5

Language	: English
File size	: 1196 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 6 pages
Hardcover	: 126 pages
Item Weight	: 12.6 ounces
Dimensions	: 6.14 x 0.38 x 9.21 inches

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In a world that often bombards us with negative messages about our appearance, it can be difficult to maintain a positive body image. We may compare ourselves to others, obsess over our flaws, and ultimately feel like we're not good enough.

But what if we could learn to love and accept ourselves just as we are? What if we could see our own beauty, regardless of our size, shape, or

appearance?

That's the message of Annette Kinglock Murray's inspiring book, 'You Are Beautiful.' Murray, a certified life coach and motivational speaker, shares her personal journey of self-love and acceptance, and offers practical tools and exercises to help readers do the same.

A Journey of Self-Love

Murray's journey to self-love began after years of struggling with a negative body image. She grew up in a culture that valued thinness and beauty, and she internalized the message that she was not good enough because she didn't fit in.

As she got older, Murray's negative body image began to affect her mental and emotional health. She developed an eating disorder, and she struggled with depression and anxiety.

But one day, Murray decided that she was tired of living in a prison of self-hatred. She began to challenge the negative beliefs that she had about herself, and she started to focus on her strengths and positive qualities.

It wasn't easy, but over time, Murray began to see herself in a new light. She realized that she was beautiful, just as she was.

Empowering Others

Once Murray had found self-love and acceptance, she wanted to share her message with others. She knew that there were other women who were struggling with the same issues that she had faced.

In 2016, Murray founded the You Are Beautiful movement, which is dedicated to helping women love and accept themselves just as they are. Murray speaks to women's groups and organizations around the country, and she has written several books on self-love and body positivity.

'You Are Beautiful' is Murray's most recent book, and it is a powerful and inspiring guide to self-love and empowerment. Murray shares her personal story, along with practical exercises and affirmations to help readers cultivate a positive body image and embrace their inner beauty.

What You'll Learn from 'You Are Beautiful'

In 'You Are Beautiful,' you'll learn:

- How to challenge negative body beliefs
- How to practice self-compassion
- How to develop a positive body image
- How to embrace your inner beauty
- How to live a more confident and fulfilling life

If you're ready to embark on a journey of self-love and empowerment, then 'You Are Beautiful' is the book for you.

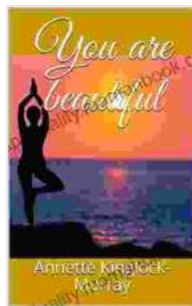
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You can order your copy of 'You Are Beautiful' today at [Amazon.com](https://www.amazon.com) or [Barnesandnoble.com](https://www.barnesandnoble.com).

And be sure to connect with Annette Kinglock Murray on social media:

- Facebook
- Instagram
- Twitter

Together, we can create a world where all women love and accept themselves just as they are.



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