



Underneath My Clothes - a woman's guide to making peace with her body

Jo Ettles

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When and who decided that we should be judged solely by size and appearance?

Why do so many of us set our mood for the day when we stand on the bathroom scales?

Why does weight loss and being thin so often equate to being successful and beautiful?

When we cease this fight, stop the negative internal dialogue and acknowledge our uniqueness by taking full responsibility for our wellbeing, it is only then that we can release our spirit from this struggle and find peace.

You have one life to live so don't waste it feeling inferior based on weight, size, appearance or lack of self-worth.

Every chapter of your life, just like this book, is a part of your story. You have the opportunity to begin a new chapter.

Today is a perfect day to change your life and make peace with your body.

Underneath My Clothes - a woman's guide to making peace with her body Details

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Author : Jo Ettles

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Lauren Wallace says

"Your body shape does not measure your personality, your spirit, your beauty or your heart. Words are powerful things that can either destroy, uplift or empower. We all have a choice in regards to what words we use on a daily basis. Be mindful of your language not only to yourself, but also to others." (23)

I would like to thank Jo Ettles for providing me with an advance copy of this book!

I really appreciate when an authour puts out her life for the world to relate to. This book was so easy to read and follow. This book is also filled with resources and helpful tips to help you with making peace with your body.

This book was a very quick read; as I read it in a day!

I would recommend it to any women out there!

Michelle says

I'm tossing up between a 3.5 to 4 star rating for this. I found the second part of this book to be more of what I was looking for and just more helpful when it came to body positivity unfortunately this part of the book was much smaller. The first part deals mostly with the authors own experiences which whilst interesting to read I couldn't relate too. I found this to still be a decent and quick read and a good beginner book in relation to body positivity.
