



## Beautiful within: Finding Happiness and Confidence in Your Own Skin

By Mica Paris

Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Beautiful within: Finding Happiness and Confidence in Your Own Skin, Mica Paris, Mica Paris has been famous since her teenage years. Her rapid success as a singer meant that she was bullied into slimming and had an unhealthy obsession with her appearance. For years she dieted, ate badly and was unhappy. A crisis forced her to sit up and realise that she could change her bad habits and think differently about herself. Mica feels that many women's negative self-image is encouraged by the media's constantly damaging messages: about striving to be a size zero, fear of getting old, need for cosmetic surgery and an insatiable thirst for material goods. How is it, she asks, that our role models are anorexics and drug addicts? We need to remember where true happiness comes from, stand firm and be proud of who and what we are. In BEAUTIFUL WITHIN, Mica talks about her shift of emphasis from being thin to being fit, the adjustments she made and good habits she cultivated: moderate exercise, a ban on diets, a powerful change in outlook. She also discusses how she has gained strength from her spirituality...



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