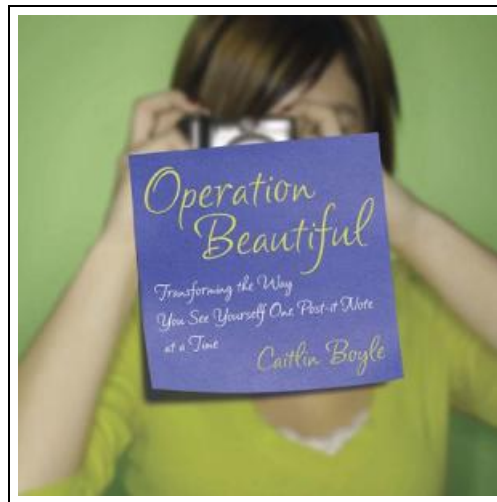


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OPERATION BEAUTIFUL: TRANSFORMING YOURSELF ONE POST-IT NOTE AT A TIME (PAPERBACK)



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GOTHAM BOOKS, United States, 2010. Paperback. Condition: New. Original. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. An empowering book with photos, notes, and true stories about an underground campaign to recognize the true beauty within every woman. Tired of watching women pick themselves apart in front of the mirror, blogger Caitlin Boyle scribbled a note on a Post-it: YOU ARE BEAUTIFUL! and slapped it on the mirror of a public bathroom. With one small act, she kick-started a movement. In a matter of days, women were undertaking their own feats of resistance, posting uplifting notes on gym lockers, diet shakes in supermarkets, weight-loss guides in bookstores, and anywhere else a nagging voice of self-criticism might lurk. Emboldening and contagious, the operation has attracted widespread attention from the media, including the New York Daily News and . Operation Beautiful showcases the notes women have posted around the world and the stories behind them, along with interviews, interesting research findings, and tips for improving one s outlook on life. Blending a confessional tone with gutsy observations about redefining beauty, the chapters address key issues for women of all ages, including Fighting Fat Talk, Family and Friends, Food, Fitness, Faith, and Going Forward. In the scrapbook tradition of PostSecret and Davy Rothbart s Found, Operation Beautiful is filled with black-and-white photos and a two-color design, making it the perfect gift for any friend, sister, daughter, or niece. Watch a Video.



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