

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 salon.com. 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 ones 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 Rothbarts 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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Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at . And when a book advocates using Post-It Notes, I figured it has to be good, right?!? .. This book found me at a time when I needed some positive self talk and. Operation Beautiful. Transforming the way you see yourself one post-it note at a Wednesday Notes “ May 4, “ Post to Operation Beautiful: One Note at a Time Book Operation Beautiful: Transforming the Way You See Yourself Book. Transforming the Way You See Yourself One Post-it Note at aTime Operation Beautiful showcases the notes women have posted around the . “In a time when so many people have their self-esteem and inner sense of. Buy Operation Beautiful: Transforming the Way You See Yourself One Post-It Note at blogger Caitlin Boyle scribbled a note on a Post-it: YOU ARE BEAUTIFUL! -Nancy Redd, New York Times bestselling author of Body Drama: Real Girls. Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at a Time: Transforming the Way You See Yourself One Post-it Note at aTime.

Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at blogger Caitlin Boyle scribbled a note on a Post-it: YOU ARE BEAUTIFUL! - Nancy Redd, New York Times bestselling author of Body Drama: Real Girls.

Operation Beautiful showcases the notes women have posted Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at aTime Operation Beautiful: Transforming Yourself One Post-it Note at a Time.

Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at a Time. 09/24/ The JSU Peer Educators and 15 other student. The messages are chronicled in Boyle's new book, “Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at a Time.”

on a sticky note and slapped it on a bathroom mirror for other women to read. Beautiful: Transforming the Way You See Yourself One Post-it Note at a Time hit . She is the author of Operation Beautiful: Transforming the Way You See Yourself. One Post-it Note at a Time and Healthy Tipping Point. To ever girl who. Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at aTime An empowering book with photos, notes, and true stories about an underground The Buddha's Wayof Happiness: Healing Sorrow, Transforming Negative Emotion, and Finding Well-Being in the Present Moment. Caitlin Boyle is the author of Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at a Time and Operation Beautiful: Changing the.

Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at a Time. New York: Gotham Books, â€œ'Operation Beautiful': Just Say No to.

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