



# **Too Big for My Britches: How I Let Go of Body Shame and Became Proud of Simply Being Me (and How You Can Too)**

*Stacey Hawkins*

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The quest for body perfection is exhausting and merciless.

Have you ever looked in the mirror and wished parts of your body were "better?" If you're like the rest of us, you yearn for an awesome body and spend an exorbitant amount of time and energy creating plans, programs, and diets, hoping to become happier. Then you find yourself failing once again, and once again you beat yourself up. After all, no perfection equals no happiness, right?

Our struggles are the same no matter what our body types, and we are relentless in our pursuit of perfection because we believe that being imperfect means being inadequate. The messages that bombard us every day only reinforce our inadequacies, causing us to become desperate to do whatever it takes to become flawless. After all, how can we be happy or live a great life if we're less than perfect? We keep striving to reach what can seem to be an unreachable goal because deep down, all we really want is to be happy.

But what if we have it all wrong? What if personal happiness actually comes from our imperfections and not by erasing them?

After decades of struggles, author Stacey Hawkins found the path to happiness by embracing her imperfections. Through sharing her story, Stacey empowers readers to do the same.

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