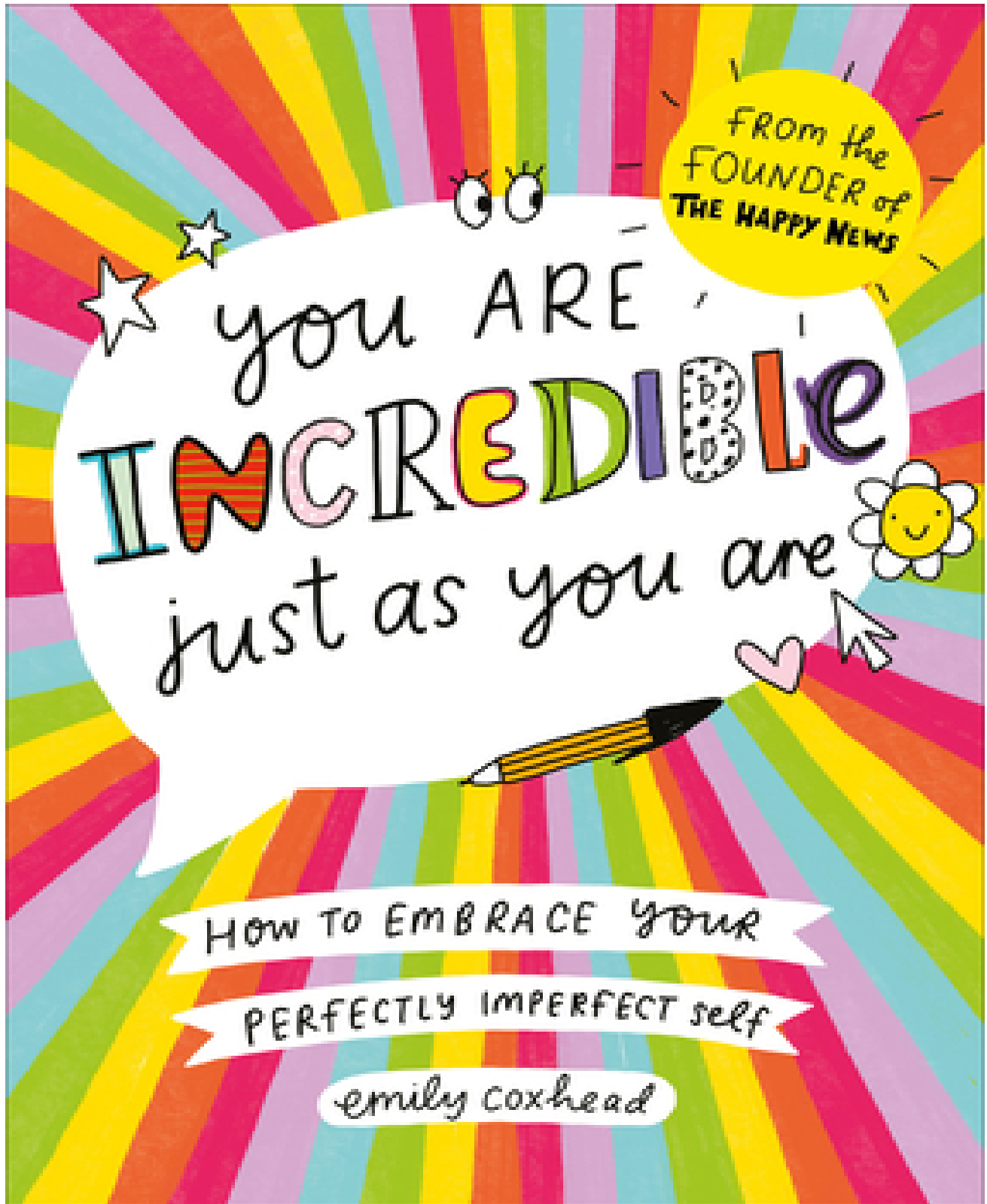
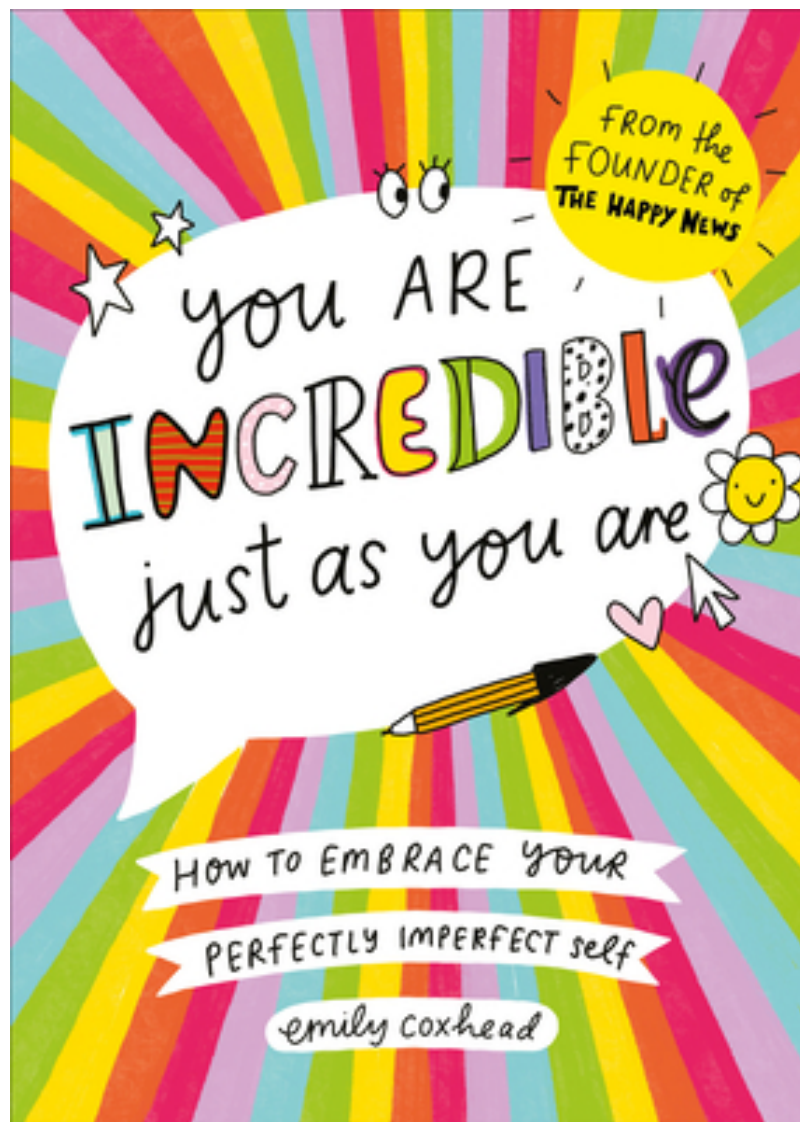


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Be You Not Them: How to Find Happiness in Yourself Before Anything or Anyone Else
by Emily Coxhead



Synopsis:=====

Find happiness by embracing your perfectly imperfect self. This inspiring journal is designed to help you find your way in a world where comparison and judgement can make it hard to stay true to yourself. Using a mixture of prompts, tick boxes and space to write down thoughts, as well as uplifting quotes and thought-provoking words, this beautifully designed book by the creator of The Happy News will help you feel more confident in yourself and less anxious about what other people think. With advice on using social media in a positive way, embracing failure, celebrating your differences and finding people who make you feel happy, this book is designed to help you be kinder to yourself. Because when you embrace your insecurities, differences, and everything that makes you unique, you'll realise that the only person you need to be is your strong, special, perfectly imperfect self.

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