

Hot Pink YOUniversity's Body Beautiful

"There is no such thing as an ugly woman." Vincent Van Gogh

"Curve-the loveliest distance between two points" Mae West

So let's talk about this Body Beautiful! We know, not the easiest of topics! We are not going to linger long at the mirror asking you to dig deep and explore what you don't like or what your obstacles are to loving your body and then journal on it because truly we all know we have done that over and over for years! We are going to challenge you Hot Pink style to change your thinking and try new ways to care for your body and love the skin you're in! We made a promise to ourselves and our Firestarter tribe that when we look in the mirror we are REALLY gonna look! Not at the parts that in the past we would cringe, hide, fear, obsess over but ALL our parts in a fresh, juicy wonderful new way. Join us on this amazing, powerful, succulent journey to your Body Beautiful!

This e-playbook is for you if you want:

- To shift your focus to feeling good in your skin
- To being loving and kind to your body
- To find positive ways for improving your health and wellness
- To "feed" your body with love and acceptance
- To identify from a place of love how you can make positive body changes
- To be that woman who feels so damn good with how she adorns herself that her succulence lights up the room when she walks in!
- To honor and adore the beauty of the female form
- To find and honor your own true "body beautiful"