



Believe You Are Beautiful

Sandy Spurgeon McDaniel

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***Believe You Are Beautiful* is a delightful book filled with life lessons for adults and children.**

A caterpillar turning into a butterfly is the basis for this timeless fable that perfectly describes the message of the book - beauty is on the inside. Children will love following Caterpillar after he gets bullied by an ant, seeks wisdom from Owl, and completes his journey of transformation. This story of self-discovery, and the beautifully illustrated characters, will keep children fully engaged while learning to love themselves and respect differences in others.

Reading *Believe You Are Beautiful* to a child is the first step to encoding the message that beauty exists within, and that differences are to be celebrated, not put down. Healthy self-esteem is the foundation for a child being less likely to harm self or others. *Believe You Are Beautiful* provides a child mental tools to deal with being bullied while laying groundwork for acceptance of others.

Don't miss out on this fun, yet very important book. Less bullies, less victims, less self-harm, more love!

Grab your copy now!

More from the Author...

Bullying has many forms and is a major problem in our homes, schools, businesses and clubs. The first step in being kind is to think about how much it hurts to have someone be unkind to you. The second step is to make a commitment to be kind to everyone at all times. A fundamental part of having good self-esteem (a feeling of self-trust and self-worth) is to realize that other people's votes about you don't count as much as your vote does; it's what you think that matters.

"What is ugly to one person can be beautiful to another. Some people think that something different from them is ugly." We don't honor differences. Differences are what make us unique and special. It is important to remember to believe in yourself. And, because beauty is on the inside, you are beautiful---no exceptions. These are messages for every person alive. Messages of value and worthand messages about changing the bullying to acts of kindness. We CAN change what is happening in the erosion of kindness; it begins with choosing to be kind to everyone in each situation. It starts with me and next is.....YOU!

Thank You for spreading the message of kindness by purchasing this book.

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From reader reviews:

Earl Sanders:

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James Rodriguez:

In this 21st hundred years, people become competitive in every way. By being competitive now, people have do something to make these people survives, being in the middle of typically the crowded place and notice by surrounding. One thing that often many people have underestimated the item for a while is reading. That's why, by reading a reserve your ability to survive boost then having chance to stand up than other is high. For you personally who want to start reading the book, we give you this Believe You Are Beautiful book as basic and daily reading publication. Why, because this book is usually more than just a book.

Daryl Pena:

That book can make you to feel relax. That book Believe You Are Beautiful was multi-colored and of course has pictures on there. As we know that book Believe You Are Beautiful has many kinds or category. Start from kids until teenagers. For example Naruto or Detective Conan you can read and think you are the character on there. Therefore not at all of book are usually make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading that will.

Douglas Elem:

What is your hobby? Have you heard this question when you got scholars? We believe that that issue was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. And you know that little person such as reading or as reading through become their hobby. You need to know that reading is very important as well as book as to be the matter. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You will find good news or update in relation to something by book. Many kinds of books that can you choose to adopt be your object. One of them is this Believe You Are Beautiful.

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