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# Pretty Happy: Healthy Ways To Love Your Body



## Synopsis

[\*Read by the Author - Kate Hudson] Actress and fitness icon Kate Hudson shares her insights to help every woman become healthy, strong, and beautiful from the inside out in this stunning lifestyle guide. Kate Hudson is an award-winning actress and founder of the popular active wear line Fabletics. Long admired for her natural beauty and dedication to wellness and living well, Kate offers listeners inspiration for setting attainable goals to create balance in their lives. Her philosophy is straightforward: living healthfully is about simplicity, accessibility, positivity and throwing the idea of "perfection" out the window.

## Book Information

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## Customer Reviews

• "Pretty Happy is a smart, insightful and realistic primer for making healthy habits part of your everyday life. From exercise to mindfulness to knowing what your body really needs to thrive, she pushes you to throw away your ideas around perfection and find your own Pretty Happy."

(Alejandro Junger, New York Times bestselling author of Clean, Clean Gut, and Clean

Eats) • "Pretty Happy details all the ways she makes it a priority every day. Honoring our bodies with clean eating and smart cleansing, our minds with meditation, our purpose with authenticity, and our fun with spontaneity, playfulness- this is a hands-on approach to owning our potential."

(Daphne Oz) "This guide to becoming a pretty happy • is a simply charming path to calm self-confidence. (Publishers Weekly)

I didn't just wake up one day understanding how to take care of myself. I had to learn how to do

so over time, and I continue to learn "each and every day. This is a process, and my body is constantly changing. So is yours. And when I learned how to accept that I will always be like this, I relaxed. Our bodies do not stand still for time. When you understand yourself and connect to how you can become body smart, you realize pretty quickly that the perfect, the ideal is not the goal. Instead, the goal is feeling good in your body. That's what leads to confidence, to feeling and looking fit, and being pretty happy. Doesn't that sound great? I think so! In almost every interview she gives, Kate Hudson is asked the same questions: What do you eat? How do you stay so fit? What workout do you do? What's your secret? Well, the secret is that the sound bites the media loves so much don't tell the story, and the steps you need to take to have a healthy, vibrant and happy life can't be captured in a short interview. The key to living well, and healthy, is to plug into what your body needs, understanding that one size does not fit all, all the time, and being truly honest with yourself about your goals and desires. Like everyone else, Kate is constantly on the move, with a life full of work, family, responsibilities and relationships. In *Pretty Happy*, Kate shows how she honors her relationship with herself through exercise, making the right choices about what she eats, and constantly going back to the drawing board and starting fresh, instead of holding herself to unrealistic standards of perfection and giving up when she falls short. Focusing on the Four Pillars of Health to enhance her well-being, *Pretty Happy* shows the benefits of:

- Cultivating an Intuitive Relationship With Your Body
- Eating Well
- Awakening Your Body through movement
- The Miracle of Mindfulness

Full of questionnaires to help you assess your Body Type and your stress levels, advice about cleanses and keeping your diet and body balanced, and plenty of interactive Drawing Board exercises, *Pretty Happy* is a beautiful, insightful, and personal look at health from the inside out, an authentic plan for an authentic life from a woman who truly lives what she speaks.

Yes, I have bought the book AND the audio version. I have always loved Kate Hudson and of course, her mom. I relate to them so much. I bought this book because I really felt like I needed some inspiration. I run a guesthouse in Key West which is #1 on Tripadvisor called Alexander's, ( I only say this because it comes with so much pressure to maintain that)...but while I live on a tropical island, my desire for all things to be perfect there for guests and staff, can make me feel super stressed out and depleted. It's a very busy guesthouse, thank goodness. Lately, I have felt even more burnt out, as I have been running it for 10 years and have begun to feel depleted. I haven't been taking better care of myself. I am still young-ish (44 yrs old) and have started feeling my hormones starting to change. I am married, have a husband and an 11 year old step son (very

sweet), but usually am trying to be wonder woman for everyone. Run a business, run a home, take care of my man and family, spend time with friends, take care of myself, work out, eat better...trying to get some sleep which has been difficult...it's wild...while I have so many blessings in my life...I can still feel so depleted...I guess it's true....even when you have lots of "good" it too, can feel like a lot if we don't take care of ourselves.I do eat okay, I drink green juices daily, but also like to have mac and cheese...it's a yin and yang in my diet...feel too tired to exercise...could lose about 20 lbs etc..So I read this book cover to cover in one sitting, did all of the quizzes and immediately began to feel inspired. Kate doesn't make it complicated. The food ideas are simple...not hours of complicated recipes and such. Just a lot of simple food ideas and simple cleanses. What I love is she talks so much about taking care of ourselves and how to do that on a daily basis. Lots of tools to help create a healthy lifestyle that are not overwhelming. For example....for meditation, she shares simple phone apps for guided meditations for those who are not used to meditation like me...she also provides a simple menu plan (not overwhelming or expensive)...also guides you to find out what works in your one life already and build on that...gives ideas for working out that also don't feel overwhelming.It is all doable...we just have to want to do it. Plain and simple. All the ideas in the book feel....accessible.I have changed my diet for the last week to the simple foods combinations she listed like making the lentils and quinoa on Sunday (this is huge in changing how I have been feeling), began walking and did a spinning class....I have been meditating for 10 min in the AM and PM right before bed (more just quieting my mind and focusing on feeling "gentle" inside me...if that makes sense ha, ha)...and I swear...I FEEL DIFFERENT.I just realized she is the narrator of her book too, so I bought that too, so I can hear her talk to me in my car on the way to work...like a sister giving me advice.I love you Kate for getting me through a difficult time in my life and helping me remember to truly take care of myself...so I can improve the quality of my life and enjoy my life. I do it for so many others, but if I don't take care of myself....I won't enjoy the rewards of it all.Thank you Kate and Goldie for being strong, loving, happy women who think outside the norm and radiate light from within. You show us all, that while life may not always be perfect, we will all have happy times, but also experiences challenges too....we can squint our eyes, see things differently, we can stretch, go for a walk, do a cleanse to let the emotions bubble to the surface and be cleansed away, we can cry, we can laugh, we can go take a fun exercise class, we can talk to a friend...there are tools to get us through that will enhance our experience of life.Love you,xoxoLaura

I like Kate Hudson's movies so I bought the book.No new or insightful information here, just a pretty book with nice colours and pictures.If you are a Kate Hudson fan or if you are a young teen new to

tips on 'how to' look after yourself you would like it. If you have been reading woman's magazines for years and are up to date on caring for your health you won't find it revolutionary.

I actually enjoyed reading this book. Yes, it repeated what we all know. Eat right and exercise. But I liked her positivity, it didn't feel preachy, and it motivated me to "tune in" to my body. It is a bit new age for me but I still enjoyed it.

I really like Kate Hudson and I whole heartedly agree with many things in her book, but the pieces that are unfounded by research make parts of it seem a little wishy washy. I think her book should be read with an open mind, but also a realistic one.

Great book! I am working my way through it and using the "Drawing Boards". Very encouraging, inspiring, and helpful, not to mention well-written. And the photos... Kate Hudson is one of the most beautiful women in the world, inside and out, like her wonderful mom!

This really puts into focus how to balance a healthy lifestyle with real life exceptions. Would definitely recommend this especially with the easy to follow instructions.

She seems pretty genuine. It's hard to take advice from someone who's had it pretty easy in life. Someone whose never known crippling debt or had to work 3 jobs they hate to survive does get to enjoy "me time" and vacations. It's not pretentious, just a little unrelatable. The food suggestions are pretty healthy.

This book was so fun and lighthearted. It makes you love kate more and the pictures were fun too.

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