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# Pretty Happy: Healthy Ways To Love Your Body



## Synopsis

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 in to 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 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.

## Book Information

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## Customer Reviews

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.

By the time the postman brought me my copy of Kate Hudson's new self-help book I had completely forgotten I had ordered it; nor could I remember that it was about diet and exercise and how they pale next to yoga for toning your body and learning to love plain food. I thought it was a memoir, a tell-all, a book that would lift a corner of the curtain, the curtain that has kept her life a complete mystery for all these years. But as the jacket copy explains, "in PRETTY HAPPY, Kate doesn't tell all" she tells true. • Zap! A takedown of impudent curiosity. The lookalike daughter of a beloved comedienne, Kate Hudson was resigned to follow in the footsteps of, say, Lucie Arnaz "to be half a celebrity, the watered down byproduct of a famous mother and father. But

happily unlike Lucie Arnaz, Kate was blessed by having a father who, though a performer of some kind, definitely not a star. At Thanksgiving seven of her biggest fans got together to practice yoga moves recommended by Kate, and none of us could remember the actual name of Hudson Senior. One of us was pretty sure he was part of a fake rock group like the Monkees and they were called the Hudson Brothers and that, in a moment of weakness, Goldie Hawn had married one and then gave birth to her twins, Kate and Oliver, who recently starred in Nashville as a satanic talent agent to country stars, partially redeemed by a love affair with a reality TV-contestant Layla Grant. Kate herself has put aside all ugly thoughts and recommends what she calls "open monitoring." Which is, while wide awake, attaining a peaceful stoned-like buzz of paying attention to the butterflies in the air and the fawns at your feet "aware but nonreactive."

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