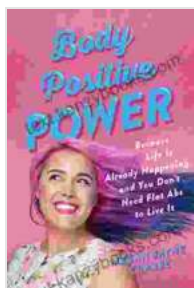


# Because Life Is Already Happening And You Don't Need Flat Abs To Live It

In a world obsessed with physical perfection, it's easy to get caught up in the never-ending pursuit of a "perfect" body. But what if we told you that you don't need flat abs to live a happy and fulfilling life?



## Body Positive Power: Because Life Is Already Happening and You Don't Need Flat Abs to Live It

by Megan Jayne Crabbe

★★★★☆ 4.7 out of 5

Language : English  
File size : 2553 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 288 pages



That's the message at the heart of the powerful new book, "Because Life Is Already Happening And You Don't Need Flat Abs To Live It," by award-winning author and body positivity advocate, Christie Hayes.

Through her own personal journey and the stories of others, Hayes challenges the toxic beauty standards that society has imposed on us for far too long. She reminds us that our worth is not defined by our

appearance, and that true happiness comes from embracing our bodies and living our lives to the fullest.

With wit, vulnerability, and a healthy dose of humor, Hayes takes readers on a journey of self-discovery and acceptance. She shares her struggles with body image, eating disorders, and the pressure to conform. But she also shares her triumphs, her moments of self-acceptance, and her unwavering belief that we are all worthy of love and respect, regardless of our size or shape.

Hayes' message is not just about body positivity, but about self-acceptance in all its forms. She encourages readers to challenge the negative voices in their heads, to practice self-compassion, and to embrace their unique qualities.

Whether you're struggling with body image issues, mental health challenges, or simply feeling like you're not good enough, "Because Life Is Already Happening And You Don't Need Flat Abs To Live It" is a must-read. It's a book that will change your perspective on life, empower you to live your truth, and inspire you to embrace all that you are.

As Hayes writes, "The truth is, you are already enough. You are worthy of love, respect, and happiness. And you don't need flat abs to live a life that is full and meaningful."

So, if you're ready to break free from the shackles of societal expectations and start living your life on your own terms, pick up a copy of "Because Life Is Already Happening And You Don't Need Flat Abs To Live It" today.

Your journey to self-acceptance starts now.

## Reviews

"Christie Hayes has written a powerful and inspiring book that challenges the unrealistic and harmful beauty standards that are so prevalent in our society. Her message of self-acceptance and body positivity is one that everyone needs to hear." - Glennon Doyle, author of Untamed

"This book is a game-changer. Christie Hayes offers a refreshing and honest perspective on body image and self-acceptance. It's a must-read for anyone who has ever struggled with feeling good enough." - Jameela Jamil, actress and activist

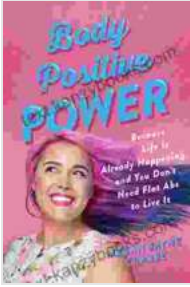
"Christie Hayes is a voice for our times. Her book is a powerful reminder that we are all worthy of love and respect, regardless of our size or shape. Read this book and be inspired to live a life that is true to you." - Lizzo, singer and songwriter

## About the Author

Christie Hayes is an award-winning author, body positivity advocate, and mental health speaker. She is the founder of the body positive movement, #EffYourBodyStandards, and her work has been featured in numerous media outlets, including The New York Times, The Washington Post, and Good Morning America. Christie is passionate about helping others challenge unrealistic beauty standards and live their lives to the fullest.

You can learn more about Christie and her work at her website:  
[www.christiehayes.com](http://www.christiehayes.com)

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