



Radical Self-Love: A Guide to Loving Yourself and Living Your Dreams

By Gala Darling

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Have you ever dreamed of a life full of laughter, love, and sequins ... but felt totally clueless about how to make it happen? You're not alone. Best-selling author and speaker Gala Darling spent years in soul-sucking jobs, battling depression, an eating disorder, and a preference for chaos and disaster—simply because she didn't know how to create the life she dreamed about.

In *Radical Self-Love*, you'll discover exactly what makes *you* so magnificent, and you'll gain a litany of tools and techniques to help you manifest a life bursting with magic, miracles, bliss, and adventure! Featuring fun homework exercises and cool illustrations, this book will take you from learning to fall madly in love with yourself, to loving others, to making your world a more magical place through style, self-expression, and manifestation.

When you love yourself, life is *limitless*. You can do anything you want. It's time to throw off the shackles of expectation and judgment, and start living from your heart. It's time to astound yourself with how beautiful your life can be. It's time to treat every single day like a celebration!

"I believe that radical self-love can go hand in hand with a ruby-red lip. . . . that learning how to love yourself can be a party: streamers, disco balls, helium balloons, and all!"

xo, Gala

"Radical Self-Love should be on every woman's bookshelf." —Gabrielle Bernstein

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Editorial Review

About the Author

Gala Darling is a writer, speaker, and magic-maker, dedicated to showing women the bad-assery of happiness. She has been teaching self-love for close to a decade, and is the creator of the Radical Self-Love Method, a powerful technique that helps women transform their lives. Her site, galadarling.com, helps over 1 million women a month find their voice, live without fear, and fall in love with life. A co-founder of The Blogcademy, she taught over 700 women how to build their business through their blog on several continents in a two-year period. Gala has been called “a spiritual revolutionary,” “the oracle of all things mystically glam,” and “a modern-day guru.” Her work has been featured in *The New York Times*, *New Zealand Herald*, *Teen Vogue*, *New York Post*, *Elle*, *Cosmopolitan*, *Time Out New York*, *Sydney Morning Herald*, *The Daily Telegraph*, *The Age*, *Sunday Herald Sun*, *The Dominion Post*, *Inked* magazine, *MiNDFOOD*, *Stuff*, *Viva*, and countless others. She has been interviewed on CBS, ABC News, and Hay House Radio. Gala has spoken about radical self-love and entrepreneurship at SXSW Interactive, TEDxCMU, and dozens of other events across the world, in addition to lecturing at NYU.

Users Review

From reader reviews:

Dennis Thorpe:

The book *Radical Self-Love: A Guide to Loving Yourself and Living Your Dreams* can give more knowledge and also the precise product information about everything you want. So just why must we leave the best thing like a book *Radical Self-Love: A Guide to Loving Yourself and Living Your Dreams*? Wide variety you have a different opinion about reserve. But one aim in which book can give many info for us. It is absolutely appropriate. Right now, try to closer with your book. Knowledge or information that you take for that, it is possible to give for each other; you could share all of these. Book *Radical Self-Love: A Guide to Loving Yourself and Living Your Dreams* has simple shape however, you know: it has great and large function for you. You can seem the enormous world by available and read a book. So it is very wonderful.

Nancy Smith:

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Thomas Burke:

Reading a guide tends to be new life style within this era globalization. With studying you can get a lot of information that may give you benefit in your life. With book everyone in this world can share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their own reader with their story or perhaps their experience. Not only situation that share in the guides. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors on this planet always try to improve their skill in writing, they also doing some research before they write with their book. One of them is this Radical Self-Love: A Guide to Loving Yourself and Living Your Dreams.

John Bergeron:

A lot of people always spent their particular free time to vacation or even go to the outside with them household or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a book. It is really fun for you personally. If you enjoy the book that you read you can spent all day long to reading a reserve. The book Radical Self-Love: A Guide to Loving Yourself and Living Your Dreams it is rather good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. When you did not have enough space to create this book you can buy often the e-book. You can m0ore quickly to read this book from your smart phone. The price is not to cover but this book possesses high quality.

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