



# **FLAWD: How to Stop Hating on Yourself, Others, and the Things That Make You Who You Are**

*Emily-Anne Rigal, Jeanne Demers*

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# FLAWD: How to Stop Hating on Yourself, Others, and the Things That Make You Who You Are

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**When you look in the mirror and only see your flaws, it can be hard to be your best self.**

*FLAWD* is your new cheerleader—an energetic guide to seeing your flaws as the doorway to something more.

Through dynamic stories and advice from teens and celebrities around the world, *FLAWD* will help you to:

- SEE yourself as perfectly imperfect.
- TREAT life as playfully as possible.
- THINK about what really matters.
- EMBRACE all that makes you, YOU.
- UNDERSTAND influence and how to use it.
- KNOW you can be part of a flawd and powerful transformation.

Even though we exist in a culture that thrives on bullying us into believing we're never good enough as we are, *FLAWD* affirms that you are good enough, ready enough and important enough to be a flawd light in the world.

Are you ready to become fearless with your flaws and change the world by being yourself? Then *FLAWD* is the book for you.

“Not only does Emily-Anne have strong convictions and a beautiful soul, but she has taken action against bullying. Her actions have had such an immediate and enormous impact on the world already.” —Lady Gaga

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