



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

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. I spent years in soul-sucking jobs, battling depression, an eating disorder, and a preference for chaos and disaster, simply because I didn't know how to create the life I dreamed about.

In **RADICAL SELF LOVE**, you'll begin to discover exactly what makes you so magnificent, and you'll uncover a litany of tools and techniques to help you manifest a life that bursts with magic, bliss and adventure.

When you love yourself, life is limitless. You can do anything you want. It's time to throw off the shackles of expectation, 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... Cake, candles and confetti very much included!

"Radical Self Love should be on every woman's bookshelf. Gala Darling is the fresh voice of a new generation, encouraging us to love ourselves and rediscover the most magical facets of who we are. This book will crack you open to the presence of your authentic power." -- Gabrielle Bernstein, *New York Times* best-selling author of *Miracles Now*

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Editorial Review

About the Author

Gala Darling has been teaching self-love for close to a decade, and is the creator of the Radical Self Love Method, a powerful technique which helps women transform their lives. She is an author, teacher, and speaker. Her site, galadarling.com, helps over 1,000,000 women a month find their voice, live without fear, and fall in love with life.

Born in New Zealand, she moved to NYC with one suitcase when she was 24 years old, and used radical self love to heal from an eating disorder and depression.

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 (twice). 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 worn mouse ears in the Blue Lagoon, walked the runway at New York Fashion Week, and once danced naked in front of strangers at a self-esteem workshop. She believes in kale and crystals, goal-setting and gratitude, kaleidoscopic colour and kicking ass.

Users Review

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Tim Travers:

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