

# Mean Girls: Facing Your Beauty Turned Beast

Are you ready to face your inner mean girl? That voice in your head that tells you you're not good enough, that you're ugly, that you'll never be loved? She's the one who holds you back from reaching your full potential. She's the one who keeps you from being happy.



## Mean Girls: Facing Your Beauty Turned Beast

by Hayley DiMarco

★★★★☆ 4.3 out of 5

Language : English  
File size : 2013 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 192 pages  
Lending : Enabled



But what if I told you that your mean girl is actually your beauty turned beast? That she's a reflection of the pain and insecurity that you've experienced in your life? And that she's only trying to protect you?

In her new book, *Mean Girls: Facing Your Beauty Turned Beast*, Dr. Alisa Ruby Bash shares her own personal story of overcoming her inner mean girl. She provides practical tools and exercises to help you identify your own mean girl, understand her motivations, and finally silence her for good.

**What You'll Learn in *Mean Girls***

- How to identify your inner mean girl
- The different types of mean girls
- The motivations behind mean girl behavior
- How to challenge your mean girl's thoughts
- How to develop a more positive self-image
- How to silence your mean girl for good

### **Who This Book Is For**

*Mean Girls* is for anyone who has ever struggled with self-esteem, self-sabotage, or inner criticism. It's for anyone who is ready to face their inner mean girl and take back their life.

### **What People Are Saying About *Mean Girls***

"*Mean Girls* is a must-read for anyone who has ever struggled with self-esteem or inner criticism. Dr. Bash provides practical tools and exercises to help you identify your own mean girl, understand her motivations, and finally silence her for good." - **Jennifer Louden, author of *The Woman's Comfort Book***

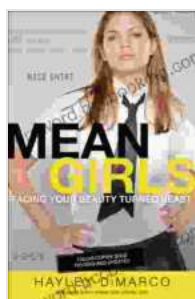
"Dr. Bash's book is a powerful and inspiring guide to overcoming the inner critic. She provides practical tools and exercises that can help you silence your own mean girl and finally achieve your full potential." - **Tara Brach, author of *Radical Acceptance***

"*Mean Girls* is a groundbreaking book that will help you understand the power of your inner critic and how to overcome it. Dr. Bash provides a

compassionate and supportive guide to help you silence your mean girl and live a more fulfilling life." - **Brené Brown, author of *Daring Greatly***

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*Mean Girls: Facing Your Beauty Turned Beast* is available now on Our Book Library.com and Barnesandnoble.com.



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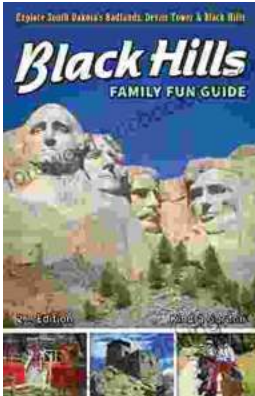
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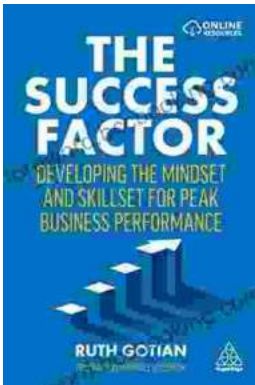
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