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

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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Leonie Blazek:

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