



Pretty Happy: Healthy Ways to Love Your Body

By Kate Hudson

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NEW YORK TIMES BESTSELER

I didn't just wake up one day understanding how to take care of myself. I had to learn how to do so over time, and I continue to learn—each and every day. This is a process, and my body is constantly changing. So is yours. And when I learned how to accept that I will always be like this, I relaxed. Our bodies do not stand still for time.

*When you understand yourself and connect to how you can become body smart, you realize pretty quickly that the perfect, the ideal is not the goal. Instead, the goal is feeling good in your body. That's what leads to confidence, to feeling and looking fit, and being **pretty happy**. Doesn't that sound great? I think so!*

In almost every interview she gives, Kate Hudson is asked the same questions: What do you eat? How do you stay so fit? What workout do you do? What's your secret? Well, the secret is that the sound bites the media loves so much don't tell the story, and the steps you need to take to have a healthy, vibrant and happy life can't be captured in a short interview. The key to living well, and healthy, is to plug into what your body needs, understanding that one size does not fit all, all the time, and being truly honest with yourself about your goals and desires.

Like everyone else, Kate is constantly on the move, with a life full of work, family, responsibilities and relationships. In *Pretty Happy*, Kate shows how she honors her relationship with herself through exercise, making the right choices about what she eats, and constantly going back to the drawing board and starting fresh, instead of holding herself to unrealistic standards of perfection and giving up when she falls short. Focusing on the Four Pillars of Health to enhance her well-being, *Pretty Happy* shows the benefits of:

- Cultivating an Intuitive Relationship With Your Body
- Eating Well
- Awakenning Your Body through movement
- The Miracle of Mindfulness

Full of questionnaires to help you assess your Body Type and your stress levels, advice about cleanses and keeping your diet and body balanced, and plenty of interactive Drawing Board exercises, *Pretty Happy* is a beautiful, insightful, and personal look at health from the inside out, an authentic plan for an authentic life from a woman who truly lives what she speaks.

“Kate Hudson’s *Pretty Happy* is a smart, insightful and realistic primer for making healthy habits part of your everyday life. I met Kate in person, and judging by my impression of her, she must be doing things right. From exercise to mindfulness to knowing what your body really needs to thrive, she pushes you to throw away your ideas around perfection and find your own *Pretty Happy*.”—Alejandro Junger, *New York Times* bestselling author of *Clean, Clean Gut*, and *Clean Eats*

“Though it may seem like sporting that signature winning smile is her natural state of being, Kate Hudson’s path to happiness is an active one. She refuses to wait for happy to happen. Instead, *Pretty Happy* details all the ways she makes it a priority every day. Honoring our bodies with clean eating and smart cleansing, our minds with meditation, our purpose with authenticity, and our fun with spontaneity, playfulness and pole dancing - yes! - this is a hands-on approach to owning our potential. And if you've ever found yourself wondering how she maintains that famous bod, Kate is spilling the beans on that, too in her trademark best friend-who's-been-there style - lucky us!”—Daphne Oz

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Editorial Review

Review

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“Pretty Happy details all the ways she makes it a priority every day. Honoring our bodies with clean eating and smart cleansing, our minds with meditation, our purpose with authenticity, and our fun with spontaneity, playfulness- this is a hands-on approach to owning our potential.” (Daphne Oz)

This guide to becoming “pretty happy” is a simply charming path to calm self-confidence. (Publishers Weekly)

From the Back Cover

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About the Author

Kate Hudson is a Golden Globe Award winner and Academy Award–nominated actress, producer, and entrepreneur. She is best known for her roles in *Almost Famous*, *How to Lose a Guy in 10 Days*, and *Bride Wars*, which she also produced. On television, Kate received critical acclaim for her guest-star appearance on the hit show *Glee*. She is the voice of Mei Mei in *Kung Fu Panda 3*.

Kate's love of design and fashion has seen her become an international style icon and muse for some of the world's top designers. She has also been featured in many global advertising campaigns, most recently the renowned Campari Calendar, and has been the face of major retail brands, including Ann Taylor and Almay.

In 2013, Kate cofounded Fabletics (fabletics.com), a line of stylish and affordable activewear designed to inspire and empower women to get physically fit and as a way of living that promotes health, community, and passion.

Kate lives in Los Angeles with her two sons.

Users Review

From reader reviews:

Thelma Burke:

Spent a free a chance to be fun activity to perform! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could be reading a book can be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the e-book untitled *Pretty Happy: Healthy Ways to Love Your Body* can be fine book to read. May be it may be best activity to you.

Cheryl Taylor:

People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get great deal of stress from both everyday life and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not really a robot. Then we consult again, what kind of activity do you have when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading publications. It can be your alternative inside spending your spare time, the actual book you have read is usually *Pretty Happy: Healthy Ways to Love Your Body*.

Richard Bennett:

Don't be worry in case you are afraid that this book may filled the space in your house, you could have it in e-book approach, more simple and reachable. This *Pretty Happy: Healthy Ways to Love Your Body* can give you a lot of close friends because by you taking a look at this one book you have thing that they don't and make you more like an interesting person. That book can be one of a step for you to get success. This guide offer you information that maybe your friend doesn't realize, by knowing more than additional make you to

be great persons. So , why hesitate? We need to have Pretty Happy: Healthy Ways to Love Your Body.

Jerry Orosco:

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