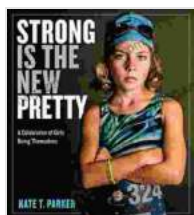


# Strong Is The New Pretty: Empowering Women to Embrace Their True Strength

For centuries, women have been bombarded with unrealistic beauty standards that have made them feel inadequate and ashamed. From the pages of fashion magazines to the silver screen, the message has been clear: women should be thin, white, and conventionally attractive. But what if we could redefine beauty? What if strength, both physical and mental, were the new standard of beauty?

In her groundbreaking book, **Strong Is The New Pretty**, Kate T. Parker challenges the traditional beauty standards that have long oppressed women. Through personal stories and scientific research, she argues that true beauty lies in strength, both physical and mental.



## Strong Is the New Pretty: A Celebration of Girls Being Themselves by Kate T. Parker

★★★★☆ 4.8 out of 5

Language	: English
File size	: 38389 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 215 pages
Lending	: Enabled

FREE

DOWNLOAD E-BOOK



Parker begins her book by sharing her own journey from self-consciousness to self-acceptance. As a young girl, she was teased for being overweight and tomboyish. She spent years trying to conform to the expectations of others, but she never felt truly happy or comfortable in her own skin. It wasn't until she discovered weightlifting and other forms of physical activity that she finally began to feel strong and confident in her body.

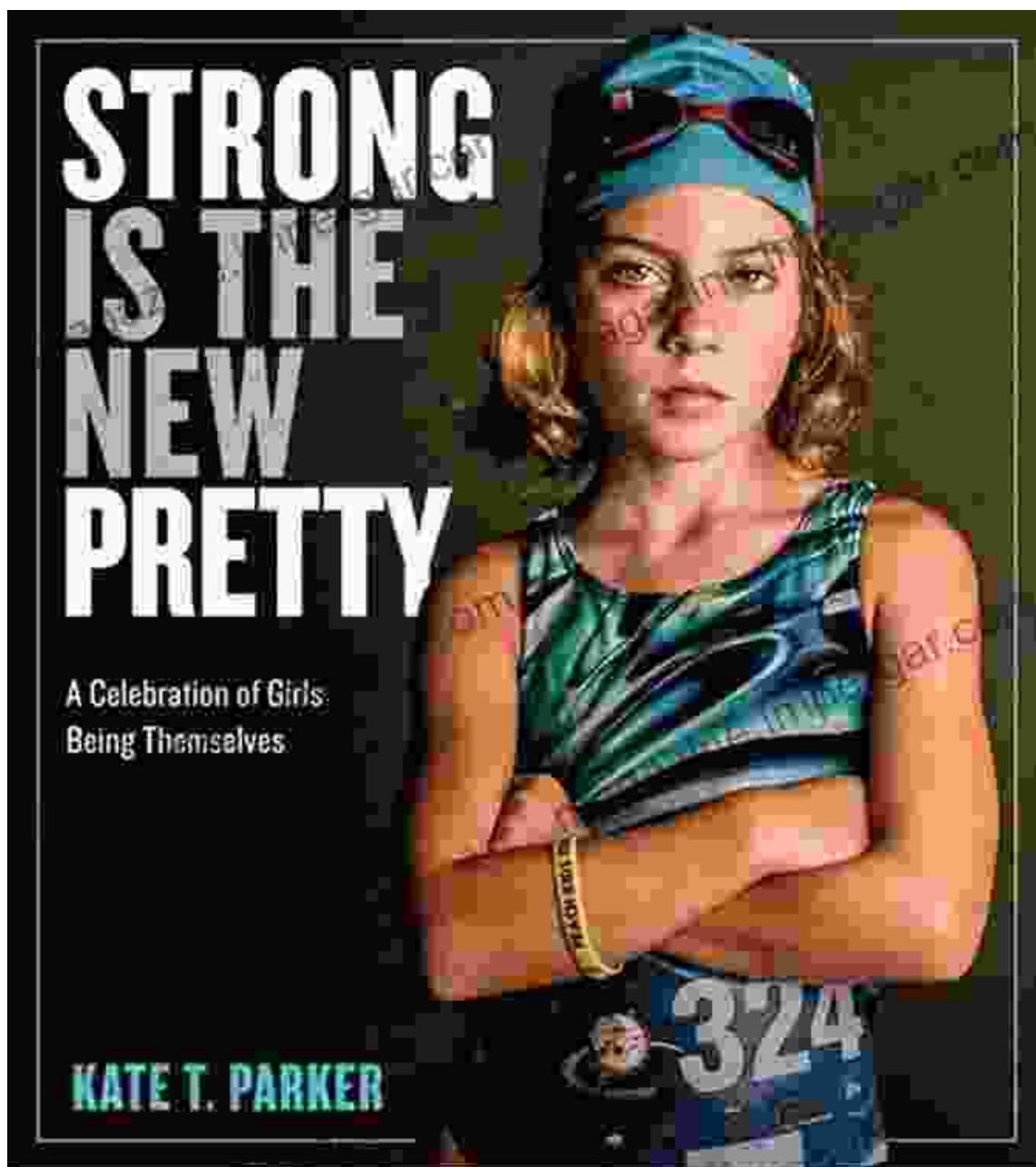
Parker's story is just one of many that she shares in **Strong Is The New Pretty**. She also interviews other women who have overcome body image issues and found strength and confidence through physical activity. These women come from all walks of life, but they all have one thing in common: they have embraced their own unique strength.

In addition to personal stories, **Strong Is The New Pretty** also includes a wealth of scientific research that supports the link between strength and beauty. For example, studies have shown that women who are physically strong are more likely to be perceived as attractive by both men and women. Other studies have shown that strength training can improve mood, boost self-esteem, and reduce stress.

Parker argues that the traditional beauty standards that we have been taught are not only unrealistic, but also harmful. They can lead to body image issues, eating disorders, and low self-esteem. **Strong Is The New Pretty** is a call to action for women to reject these harmful standards and embrace their own unique strength.

Parker concludes her book with a powerful message: "Strong is the new pretty. It's time to redefine beauty on our own terms." **Strong Is The New**

**Pretty** is a must-read for any woman who is tired of feeling like she doesn't measure up. It's a book that will empower you to embrace your true strength and beauty.



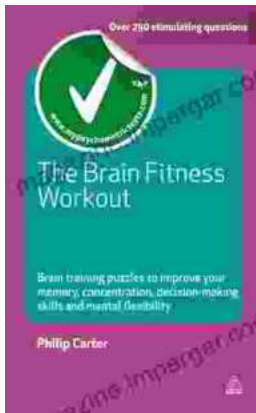
**Buy Strong Is The New Pretty today and start your journey to a stronger, more confident you!**



## Strong Is the New Pretty: A Celebration of Girls Being Themselves by Kate T. Parker

★★★★☆ 4.8 out of 5

Language : English  
File size : 38389 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 215 pages  
Lending : Enabled



## Unlock Your Cognitive Potential: Embark on a Brain Fitness Journey with "The Brain Fitness Workout"

"The Brain Fitness Workout" transcends traditional brain training methods by adopting a comprehensive approach that encompasses the entire spectrum of cognitive...



## Lady Churchill's Rosebud Wristlet No. 33: A Timeless Heirloom

Embrace the Legacy of a Remarkable Woman Immerse yourself in the captivating tale of Lady Churchill, a woman of unwavering strength and style. Her exquisite Rosebud Wristlet...

