



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

By Gala Darling

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**Radical Self-Love: A Guide to Loving Yourself and Living Your Dreams** By Gala Darling

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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### Editorial Review

#### About the Author

**Gala Darling** is a writer, speaker, and magic-maker, dedicated to showing women the bad-assery of happiness. She has been teaching self-love for close to a decade, and is the creator of the Radical Self-Love Method, a powerful technique that helps women transform their lives. Her site, galadarling.com, helps over 1 million women a month find their voice, live without fear, and fall in love with life. 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 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.

### Users Review

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##### Mary Perry:

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**Robert Burmeister:**

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