



I Am Beautiful: Heal Your Life, One Day At A Time

Shannon Ansted Hake

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She was far from believing she was beautiful when Shannon Ansted Hake started writing this book. Actually she felt she was ugly. But after being diagnosed with Multiple Sclerosis in 2001, she knew something had to change. This 365-day book is exactly how she went from believing she was ugly to knowing she is beautiful. By immersing herself in the “Thought for the Day” and changing her thinking, she changed her life. Maybe you don’t have Multiple Sclerosis, but maybe you have something in your life that you feel needs to be changed. This book will help you not only discover what it is, but help you gently shift into a happier, healthier way of being.

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