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Opening Extract from...

YOU ARE POSITIVELY AWESOME

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Published By **Pavilion Books**

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Chapter 1

HEY! YOU'RE AWESOME

Hey, reader of this book!

YOU ARE POSITIVELY AWESOME.

It's so easy to forget that.

Life gets in the way, we keep adding to our to-do lists and firefighting our way through (big and small) daily battles.

But you are capable, you are interesting, you can do hard things.

You are enough, just as you are.

We fail to remember our awesomeness and we don't give ourselves the credit we deserve. But this book aims to change that. I want to remind you of all the reasons you are your own kind of wonderful: to provide ideas and tools to help you through the days that feel grey; and to shine a light on the ways you can be your truest, sparkliest self.





I don't claim to be an expert.

But I am a fully-fledged empath, excellent cheerleader (in the supportive sense, I couldn't do a handstand if you paid me), self-care enthusiast and proud member of the

'I'm not sure how, but we will get through this' club.

👉 Qualifications like this obviously don't come for free: I've earned my stripes!


In fact, like lots of us, I've had my fair share of stormy times.

I supported my boyfriend (now husband) through cancer. I've championed those closest to me through mental health struggles. Family estrangement, loss and grief have all been thrown in for good measure. I've had three babies in four years and particularly gruelling pregnancies.

That's all on top of the drip, drip, drip of everyday rain showers. The juggle, never-ending mum-guilt, trying to maintain friendships, everyday anxieties (don't get me started on the stress of parallel parking) and wondering when I will get time to try all of the projects and recipes lingering on my Pinterest boards...

Top that with some imposter syndrome, poor body image, too much social media-ing, not enough rest and the constant nagging feeling of not quite being or doing enough.

I've got first-class honours in this stuff!



Through these good days and bad days, I draw and I write: bold rainbows of illustrations and peeks into the ups and downs of my life that I share online.

With every illustration I share and each social media post, I'm reminded it's not just me.

It's not just me that struggles with self-care; not just me who sneaks off for a cry when the washing is piling up and the kids are bickering; not just me who is juggling work and life and feeling bulldozed by the big stuff and overwhelmed by the little stuff.

And if it's not just me, it's not just you either.



Chapter 3



WE ALL HAVE TIMES WHEN LIFE IS A BIT RAINY

On difficult days, the storm clouds arrive and things feel messy and hard to manage - it seems as though the bad outweighs the good, and so our ability to recognize our strength diminishes.

We fixate on our perceived shortcomings: everything we don't have; the emotions too big to share in 280 characters; the ways we aren't living up to our own expectations; the things that can't be easily tidied away out of view and kept hidden from judgement and comment.

When we are wading through our messiest times and only see our flaws, it is easy to assume that everyone else has it together. Other people's lives look neat and simple, perfectly ordered and contained - we focus on the highlight reels we are shown on social media and don't step back to see the full picture.

We might feel overwhelmed, embarrassed and solitary in our struggles, but it's important to remember **we are not alone.**

While everyone else's forecasts may give the impression of being 100% sunshine, the rain showers happen to us all, without exception.

notes for tough days:

NO FEELING IS FINAL

IT'S OK TO TAKE IT ONE DAY AT A TIME

YOU ARE so very STRONG

ASKING FOR HELP IS NOT WEAKNESS

YOU ARE LOVED

our triggers and tolerances
will be varied.

our perceptions will be unique.
our experiences are entirely individual.

our feelings, our messy times, our not-
feeling-too-awesome days are all valid.

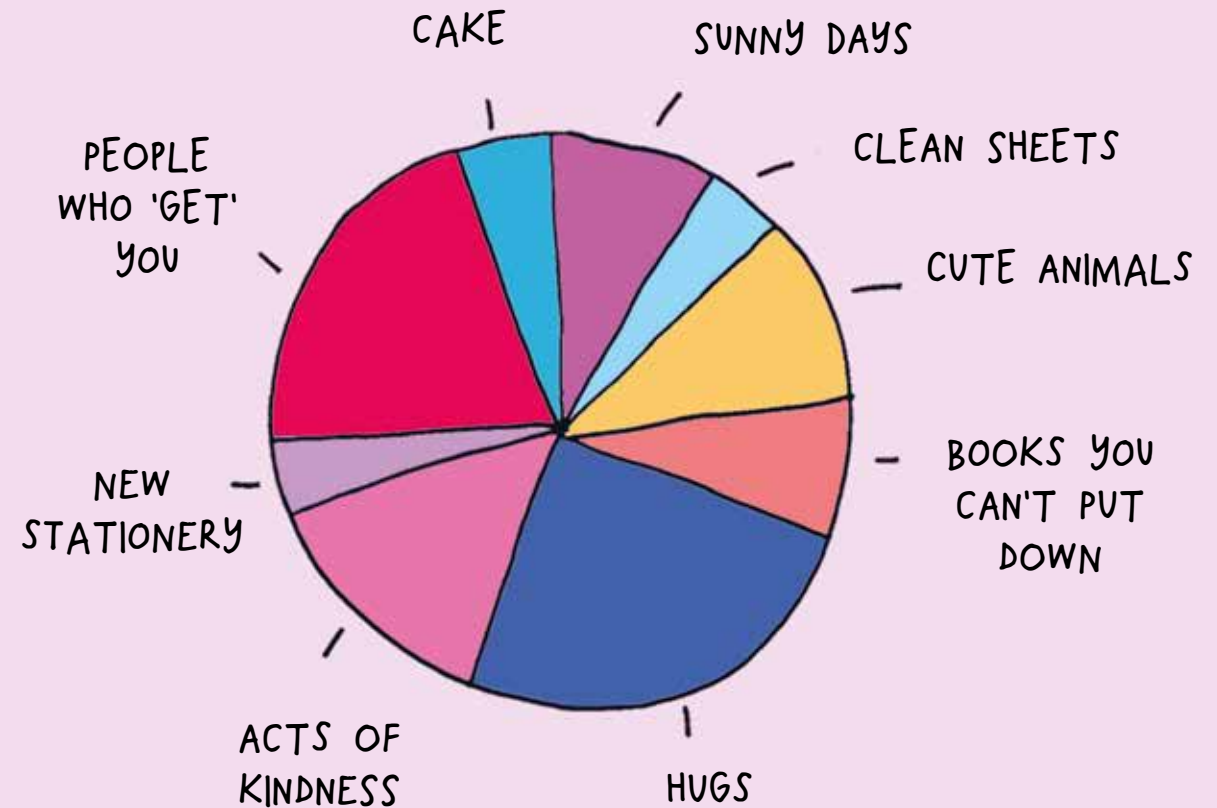
Look for the

JOY

in every day.

Find the things that lift you up.
Seek out the people who make you smile.

REASONS to SMILE



Forget bath bombs and candles,
Put down the face mask,
While they can be self-care,
There's more to the task.

Make sure you drink water,
Take all of your meds,
Get outside for a stroll,
Be early to bed.

Read a good book, switch off your screens,
Journal your thoughts, anxieties and dreams.

ASK for help when you need it,
Set boundaries in place,
Trust in your journey; life's not a race.

Take care of yourself, and be kinder to you,
Self-care is remembering, that you matter too.

WRITE DOWN 3
NICE THINGS
ABOUT YOURSELF

STEP OUTSIDE FOR
SOME FRESH AIR

FIND A
VIDEO OF
SOME CUTE
ANIMALS
ONLINE

DRINK
SOME
WATER

5-MINUTE SELF-CARE

LISTEN TO
A SONG
THAT MAKES
YOU SMILE

BOOK THE
APPOINTMENT
YOU HAVE BEEN
PUTTING OFF

DO A SHORT
MINDFULNESS
BREATHING EXERCISE