



**YOU ARE SOOOOO BEAUTIFUL – Children’s Book  
~ Empowering Self-Esteem for ages 4 to 104~**

Why is it so difficult—even for people with otherwise high self-esteem—to feel truly beautiful?

The problem is not that we aren't beautiful, but that most of us have learned a definition of beauty that is limited and skewed. In order to change the face of what the media calls beauty, we must actively teach our children a more profound definition of what is beautiful and reinforce and affirm that definition daily.

True beauty isn't the collection of unrealistic physical ideals that the media loves to promote. True beauty is embracing who you are at your very core.

*You Are Sooooo Beautiful* holds a precious and timeless message for readers of all ages. Share it with your children to help set the foundation for their understanding of true beauty. And let it help you—and the other beautiful adults in your life—reconnect with your inner child and set your beauty free.

**Award winning Canadian Author and Speaker Leanne Power**

**Tuesday \* February 14<sup>th</sup>**

**Wembley Rec Centre \* 1:00 pm - 3:00 pm**

**For more info Call Pam 766-2269 or [fcsswembley@live.com](mailto:fcsswembley@live.com)**