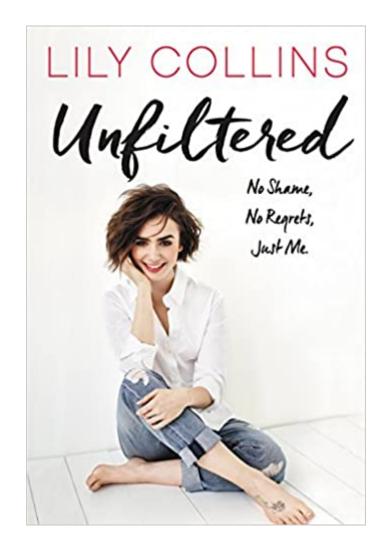


The book was found

Unfiltered: No Shame, No Regrets, Just Me.





Synopsis

In this groundbreaking debut essay collection, featuring never-before-seen photos, actress Lily Collinsâ "star of Mortal Instruments and Rules Donâ [™]t Applyâ "is opening a poignant, honest conversation about the things young women struggle with: body image, self-confidence, relationships, family, dating, and so much more.For the first time ever, Lily shares her life and her own deepest secrets, underlining that every single one of us experiences pain and heartbreak. We all understand what itâ [™]s like to live in the light and in the dark. For Lily, itâ [™]s about making it through to the other side, where you love what you see in the mirror and where you embrace yourself just as you are. She's learned that all it takes is one person standing up and saying something for everyone else to realize theyâ [™]re not alone.By turns hilarious and heartbreaking, Lilyâ [™]s honest voice will inspire you to be who you are and say what you feel. Itâ [™]s time to claim your voice! Itâ [™]s time to live your life unfiltered.

Book Information

Hardcover: 240 pages Publisher: HarperCollins (March 7, 2017) Language: English ISBN-10: 0062473018 ISBN-13: 978-0062473011 Product Dimensions: 5.5 x 0.9 x 8.2 inches Shipping Weight: 13.6 ounces (View shipping rates and policies) Average Customer Review: 4.5 out of 5 stars 53 customer reviews Best Sellers Rank: #18,920 in Books (See Top 100 in Books) #2 in Books > Teens > Art, Music & Photography > Performing Arts > Biographies #3 in Books > Teens > Personal Health > Body, Mind & Spirit #9 in Books > Teens > Personal Health > Self-Esteem

Customer Reviews

Entertainment has been a big part of Lily Collinsâ [™]s life since her childhood in England. Once she moved to Los Angeles, Lily attended the Youth Academy of Dramatic Arts and performed in numerous musical theater productions. In 2009, Lily made her film debut in the Academy Award-nominated film The Blind Side, and in 2016, she was nominated for a Golden Globe for Best Actress in a Motion Picture Comedy or Musical for her performance in Warren Beattyâ [™]s Rules Donâ [™]t Apply.Her other films include Priest; Abduction; Mirror Mirror; The English Teacher; Stuck in Love; The Mortal Instruments: City of Bones; and Love, Rosie. She will soon be seen in To the

Bone, Okja, Halo of Stars (previously known as The Clown), and the TV series The Last Tycoon.Lily also has a passion for journalism, which she discovered while working for ELLE Girl UK. Later, she reported on the 2008 presidential election for Nickelodeon, covered the Democratic and Republican National Conventions in a Seventeen magazine blog, and was a contributing editor for CosmoGirl and the Los Angeles Times Magazine. Lily has always strived to empower young people to use their voices, starting in high school where she trained to be a teen therapist. Within the last few years, she has taken part in national events focused on encouraging todayâ ™s youth to stand together and speak out. This is Lilyâ ™s debut book.

A wonderful book. Nice to see a real book by a real actress.

Author is wonderfully real and personal but still keeps herself grounded. A first book well done!

Lily is someone who I have thought would made a great role model for a while now. I have always loved the movies she's made and finding out why she picks the parts she does. Now after reading her book, I have so much more respect for her and think that her story is one that many people need to hear and can relate to. She also has this great message through the entirety of her book and that is to unapologetically be yourself and love yourself.

A nice uplifting light read!

Bought this for my daughter and she loved it

good book.

I loved this book. The more I read, the more comfort I felt that I was going to be okay. Struggling with eating disorders is a never ending battle, but I feel stronger now and like there's a light at the end of the tunnel. Thank you.

Really honest a fun read for teens/young adults. I think a lot of young minds can relate to her struggles.

Download to continue reading...

Unfiltered: No Shame, No Regrets, Just Me. Jeter Unfiltered Muhammad Ali Unfiltered: Rare, Iconic,

and Officially Authorized Photos of the Greatest Weddiculous: An Unfiltered Guide to Being a Bride Raw: My 100% Grade-A, Unfiltered, Inside Look at Sports Intentional Living: How To NOT Die With Regrets By Living A Life That Matters Saratoga Letters: Can regrets from the past stir love's resolve in the present? Stop Workplace Drama: Train Your Team to have No Complaints, No Excuses, and No Regrets 2017 No Regrets Mini Calendar No Regrets: Love, Laughter and Life with Colon Cancer Attack on Titan: No Regrets 2 Attack on Titan: No Regrets 1 Zero Regrets: Be Greater Than Yesterday Zero Regrets Virgin Sex for Guys: A No-regrets Guide to Safe and Healthy Sex Love, Sex and No Regrets for Today's Teens No Regrets Healing the Shame that Binds You (Recovery Classics) Healing the Shame that Binds You Shame & Guilt: Masters of Disguise

Contact Us

DMCA

Privacy

FAQ & Help