

How to Be Ugly

Karen Hanselle

A heartfelt and
thought-provoking
exploration of the
scars and hopes
around feeling ugly
in a perfect world.

howtobeeugly.com

About the book

How to Be Ugly is a heartfelt and thought-provoking exploration of the scars and hopes around feeling ugly in a perfect world.

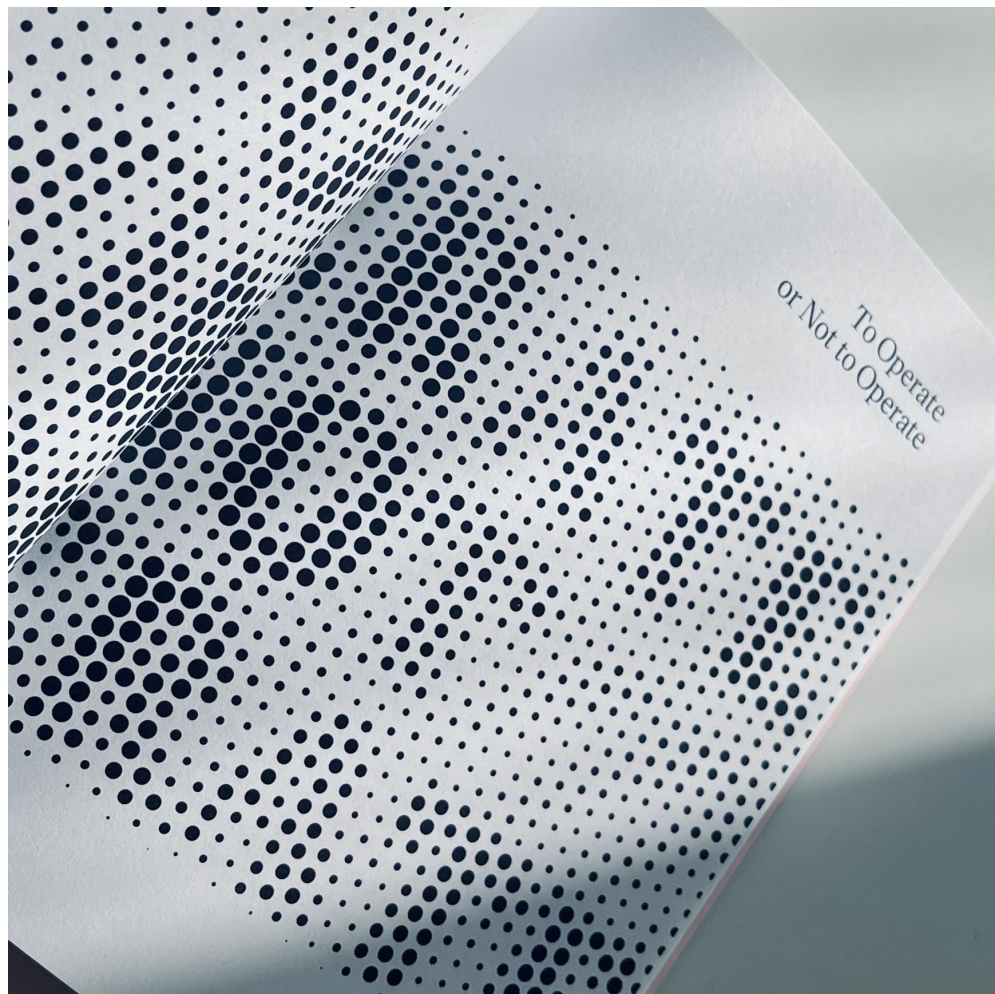
The book gathers **poems**, inspirations, lessons learned, and both **personal and science-backed advice** for people who seriously struggle with hardwired beliefs around their appearance and seek **more than superficial self-love slogans**.

Printed with love in Berlin



Contents

1. A love letter to beauty 2. A radically new perspective on body image 3. A counterweight to superficial self-love slogans 4. A journey into the deep wounds of rejection and exclusion 5. A light on the scars of feeling ugly 6. Poems on fading hope, stuckness and body wisdom 7. Ugliness and lovability 8. A small glimpse at the big question of surgery 9. Science-backed insight + lived experience around inner change





About the Author:

Karen Hanselle is a Coach and Communications Strategist based in Berlin. She grew up looking different at first glance and experienced a million facets of rejection for many years. Later, she had two facial surgeries and spent four hours at the gym each day – until life forced her to realize: neither a brand new face nor a brand new body automatically leads to brand new self-esteem. Inspired by this she has been studying the art and science of change and well-being for more than 22 years now.

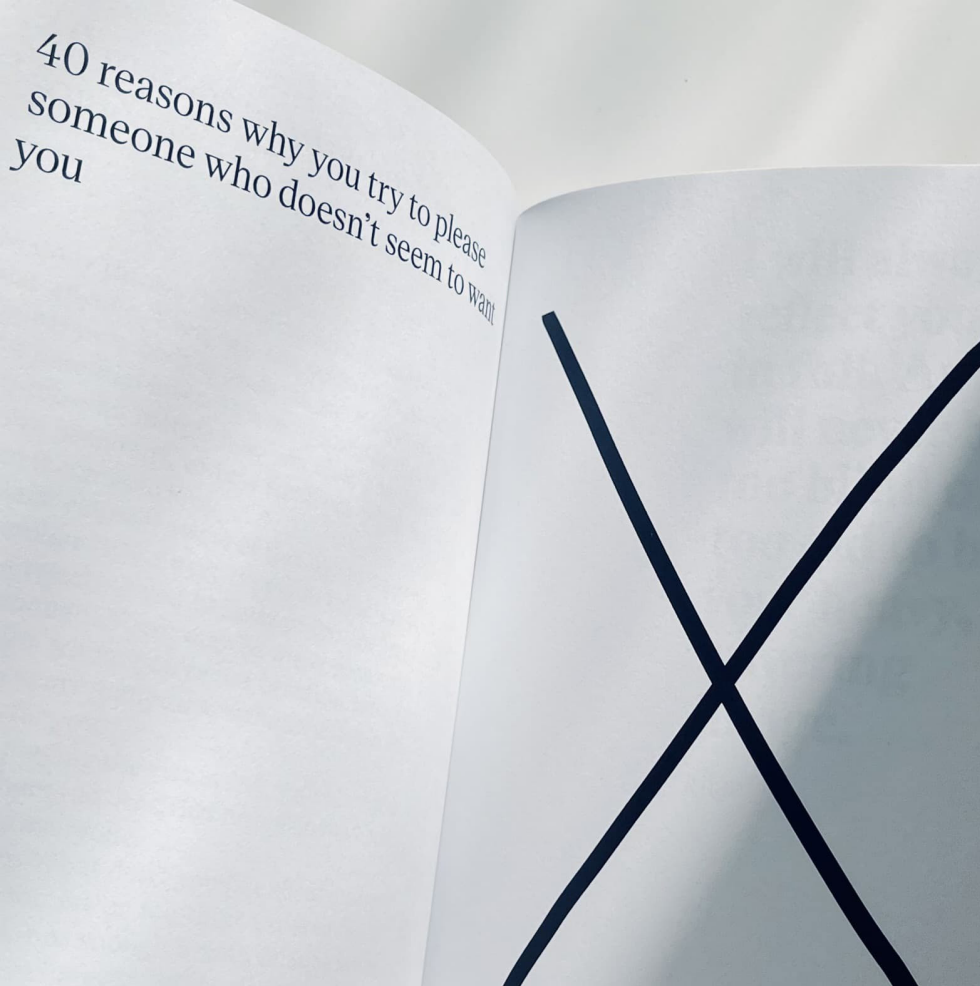
It's never
about what
you see. It's
always about
how you see it.



Everyone is
a wild mix
of strengths,
weaknesses,
and endless
mediocrity.
Some people
are just lucky
that their
flaws aren't
immediately
visible to the
world.

The topic affects you (or the people you work with) and you would be willing to give me feedback? I'd be happy to send you a free copy.

I would love to know if the people I wrote this book for find it valuable, and I would love to talk to some readers and professionals personally who are willing to give me feedback. If this speaks to you, I would be happy to send you a free copy. Please drop me a line: karen@studio-future.com



Please find all available editions on
howtobeugly.com

I look forward to your questions, feedback, interest.

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