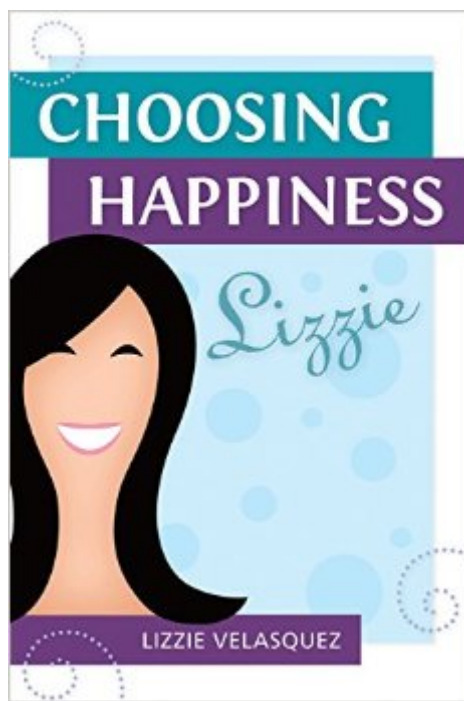


The book was found

Choosing Happiness



Synopsis

Lizzie Velasquez recently graduated from Texas State University in San Marcos with a degree in communications. She is one of only three known people in the world with a medical syndrome that doesn't allow her to gain weight or create muscle. Lizzie, an author of three books, has appeared as a motivational speaker at more than 200 workshops. Her story has been featured in national and international media, including The Today Show, Inside Edition, Katie Couric, Dr. Drew, Australia's Sunday Night, and Germany's Explosiv.

Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (6 customer reviews)

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Customer Reviews

I am surprised that I am the first review. This is about a person who has suffered because of her external appearance. She gives good advice and personal reflections on how to be happy. I would recommend it to anyone.

Excellent! Excellent! Excellent! Lizzie Vasquez is so inspirational and amazing. I am a therapist so I am often using inspirational videos and books during my sessions with clients. That was how I first came across Lizzie. After watching her youtube video I bought all of her books and then I bought multiple copies of her books for my clients to borrow. The books are not super long, they are very easy to read and they are very empowering and inspirational! My clients love reading the books, as did I. I feel like this book will be perfect for an older teenager or college kid that can really appreciate the value of loving life and choosing positivity.

Very upbeat - probably suitable mostly for teens and young adults

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