

Dare To Be Kind: How Extraordinary Compassion Can Transform Our World



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Synopsis

'Lizzie is making our culture a kinder one by encouraging people to undermine hate through self-acceptance and everyday acts of empathy. Her heart and humour shine through on every page!' -Lilly Singh, entertainer, comedian and author of *How to Be a Bawse* Celebrated motivational speaker and YouTube sensation Lizzie Velasquez shows us how we can learn to accept all parts of ourselves and others to create a culture of kindness and a more compassionate world. Born with a rare genetic condition, Lizzie Velasquez always knew she was different, but it wasn't until she was much older that she understood what that meant to others. At seventeen she came across a viral video entitled 'World's Ugliest Woman'- only to discover that it featured her. In response, she decided to stand up on behalf of victims everywhere and created one of YouTube's most popular motivational channels and a TEDx talk that has drawn tens of millions of viewers. In this daring, inspiring book, Lizzie reveals the hidden forces that give rise to self-doubt, shame and cruelty, and empowers us to redirect them to unlock empathy and kindness for ourselves and others. Through her own battles with anxiety and coping with disappointment, she demonstrates how we can overcome obstacles and move forward with greater positivity. *Dare to Be Kind* presents the path to acceptance, love and tolerance, and offers a blueprint for how to lead a resilient life and, ultimately, forge a radically compassionate world.

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