



Pretty Happy: Healthy Ways to Love Your Body

Kate Hudson

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I didn't just wake up one day understanding how to take care of myself. I had to learn how to do so over time, and I continue to learn—each and every day. This is a process, and my body is constantly changing. So is yours. And when I learned how to accept that I will always be like this, I relaxed. Our bodies do not stand still for time.

*When you understand yourself and connect to how you can become body smart, you realize pretty quickly that the perfect, the ideal is not the goal. Instead, the goal is feeling good in your body. That's what leads to confidence, to feeling and looking fit, and being **pretty happy**. Doesn't that sound great? I think so!*

In almost every interview she gives, Kate Hudson is asked the same questions: What do you eat? How do you stay so fit? What workout do you do? What's your secret? Well, the secret is that the sound bites the media loves so much don't tell the story, and the steps you need to take to have a healthy, vibrant and happy life can't be captured in a short interview. The key to living well, and healthy, is to plug into what your body needs, understanding that one size does not fit all, all the time, and being truly honest with yourself about your goals and desires.

Like everyone else, Kate is constantly on the move, with a life full of work, family, responsibilities and relationships. In *Pretty Happy*, Kate shows how she honors her relationship with herself through exercise, making the right choices about what she eats, and constantly going back to the drawing board and starting fresh, instead of holding herself to unrealistic standards of perfection and giving up when she falls short. Focusing on the Four Pillars of Health to enhance her well-being, *Pretty Happy* shows the benefits of:

Cultivating an Intuitive Relationship With Your Body Eating Well Awakening Your Body through movement The Miracle of Mindfulness

Full of questionnaires to help you assess your Body Type and your stress levels, advice about cleanses and keeping your diet and body balanced, and plenty of interactive Drawing Board exercises, *Pretty Happy* is a beautiful, insightful, and personal look at health from the inside out, an authentic plan for an authentic life from a woman who truly lives what she speaks.

“Kate Hudson’s *Pretty Happy* is a smart, insightful and realistic primer for making healthy habits part of your everyday life. I met Kate in person, and judging by my impression of her, she must be doing things right. From exercise to mindfulness to knowing what your body really needs to thrive, she pushes you to throw away your ideas around perfection and find your own *Pretty Happy*.”—Alejandro Junger, *New York Times* bestselling author of *Clean*, *Clean Gut*, and *Clean Eats*

“Though it may seem like sporting that signature winning smile is her natural state of being, Kate Hudson’s path to happiness is an active one. She refuses to wait for happy to happen. Instead, *Pretty Happy* details all the ways she makes it a priority every day. Honoring our bodies with clean eating and smart cleansing, our minds with meditation, our purpose with authenticity, and our fun with spontaneity, playfulness and pole dancing - yes! - this is a hands-on approach to owning our potential. And if you've ever found yourself wondering how she maintains that famous bod, Kate is spilling the beans on that, too in her trademark best friend-who's-been-there style - lucky us!”—Daph

Pretty Happy: Healthy Ways to Love Your Body Details

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Rachael says

I read some of this, and ended up skimming the rest.

I had high hopes for this book, but it just wasn't anything I haven't read before. It seemed to be a book I've read before that has exercise tips, food tips, etc., while not adding anything more in her own unique voice. Perhaps if she had written about more personal details from her own life, and how it really applies to what she was writing about, it would have felt more personal.

Reading it felt like she (or her co-author-which always makes me wonder how much the celebrity actually wrote) was trying to force a personal connection to the reader. At least that's how it felt to me.

The book also had some questionnaires to take inside the book, and had a section for a 'drawing board' to record your feeling of what you ate, or how you feel during the day, which I just think was a little too....I'm not sure. Just not for me.

Overall I was disappointed. I think Kate Hudson's overall message for this book is good, it just could have been more than it is.

Kristy says

I'm a fan of Kate Hudson but this was a little painful to get through. I gave it a 2 star because I could definitely feel the positive energy radiating from the book and overall I like the message. But, it was repetitive and lacked substance.

Rachel Fortin says

Such a simple yet inspiring self help book. I love Kate Hudson even more now ?

Sabrina says

Such an amazing read. So much of this book resonated with me in terms of things I am currently doing/experiencing or things that I feel would benefit me greatly. As someone who values spirituality, mindfulness, and health, but doesn't always follow the rules, this is a breath of fresh air and exactly what I needed. So much goodness, I can not say enough about this book. Great job Kate, and thank you!!

Mira says

I'm giving this book 2 stars, and I'm being kind. The thing is: I appreciate Kate Hudson's effort to make a

positive impact. The problem is not in her message, it's that her approach is extremely shallow. As someone who has benefited from Ayurveda, I'm happy to see she is promoting it. However, anyone with any interest in it should get their information elsewhere. Kate's body-type questionnaires aren't detailed enough, her idea of an Ayurvedic cleanse is insufficient, and her recommendation of a lemon-ginger "detox" tea is not suitable for Pitta types. It's nice to see someone in the public eye trying to promote a positive message, but Kate Hudson is someone with the resources to seek out the best help in the world. She could have researched and interviewed top health experts and relayed some serious and useful information on physical and mental well-being. Instead, she chose to write this book much like I'd imagine a teenage girl would complete a school project on How To Make A Positive Impact. If she had written this for a 9th grade class, I'd say A+. Great effort! But for those of us living in the adult world, this book is just not worth a hard earned \$26.99.

Amy Allen says

I love Kate Hudson and the fact that she narrated this book. It's certainly not a fix it or tell all book about how to look like her or be her. It's not even really new information. She shares tools and wisdom of what she's learned over the years that have helped her and encourages listeners to use the information that works for them. To find ways to love themselves. To be good to your body. Love your body.

I'm already fairly health conscious, but this gave me new things to think about. Meditation isn't something I do, but might try because of this. If it can bring calm to my day, why not?!

This is a good listen for anyone at any stage of their life and health goals. Plug in and go for a walk or while doing dishes and pretend she's your BFF. It's fun.

Ensley says

I'll give you the gist: find an exercise you like and eat whole, foods. There! You've read the book. (Minus a lot of pictures of her lying around in crop tops.)

Besides that, the fact that she discusses yoga/an Ayurvedic diet without being vegetarian immediately made me not trust what she had to say. Ayurveda is a plant-based diet and has been for 5,000 years.

Don't waste your time.

Manda says

I was really excited to read this book because I've been a huge fan of Kate Hudson since Almost Famous came out. I've basically spent my entire life idolizing both Penny Lane from the movie and Kate in real life. Anyway, the book did not disappoint!

I loved that it was not just a diet/exercise book, nor was it a generic celebrity tell-all. In fact, most of the book didn't focus on Kate's life at all! Instead, she explains how she found balance and peace in her own life and with her body through various methods and provides a wealth of resources for readers to find their own

paths to health and happiness along the way.

For example, I was blown away by her introduction to ayurveda, which I had never heard of but really resonated with me. After the quizzes in the book to find out which ayurvedic dosha type I was, it hit the nail right on the head, and I was able to find some great information about ways to improve my own health and wellness because of my own individual stress levels, habits, personality traits, etc. I will definitely be researching ayurveda further (don't worry, Kate provides a resource list at the end of the book for more information) and can't wait to see where this path leads me on my personal health journey.

I really can't recommend this book more if you're looking for ways to personalize your health and wellness journey and want tips from a true mind and body goddess. Kate, if possible, your book made me love you even more!

Brandice says

For the most part, I liked *Pretty Happy*, which focuses on how you feel, more so than what you eat, although it'd be a blatant lie to say one does not impact the other. Note: this is not a dieting or weight loss book but it does incorporate tips and suggestions for eating better, and clean eating, like choosing healthier foods and how to restore nutritional balance.

The book focuses on Four Pillars:

1. Cultivate an Intuitive Relationship with Your Body
2. Eat Well
3. Awaken Your Body
4. The Miracle of Mindfulness

I personally derived the most from the section on Mindfulness, which interested me the most as I can be impatient, and fidgety, and admittedly, have a hard time carving out time to be present and still.

It was an interesting read and I think everyone can gain at least something from it.

Brittany says

solid 3.5 for me. got a bit repetitive, but love the concept of listening to what your body is telling you and customizing a plan for yourself. the dream board got disruptive to the flow, but had a lot of great intro concepts.

Kristinita says

I absolutely loved this book. A bookclub I'm a part of chose it, and I'm so glad they did because I hadn't heard about it before. This book really spoke to me, and there's aspects of it which I plan to use daily, like the Drawing Board. This book was the perfect book for me to read at this time in my life, and I'm so happy I found it. This is more of what I was hoping Cameron Diaz's *The Body Book* would be. That book was a bit

too scientific for me — which is fine, I love science — I just wanted it to be more personal and something I could identify with. I'd recommend this book to any woman who is wanting to be **pretty happy** in life.

Joy says

I enjoyed this book and I would recommend it for the good info she offers regarding health, fitness and meditation. I like her ideas and the book is fun and interesting. It would have been better if I owned a copy so I could write in it and refer back to her suggestions.

Yuliya Yurchuk says

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Katie says

Couldn't help but get serious "Mommy Blogger" vibes from this entire book. Riddled with pseudo-science, the author never lingers on any one topic too long. She often cites websites, apps, and holistic practitioners. You'll read a lot of shallow information on cleanses, avoiding all chemicals, and fad nutritional advice. While the introspective journaling and meditation chapters were pretty okay, they still don't make this book worthwhile for me. Skip it, read something from a certified professional.

Brindi Michele says

I really liked this because it wasn't a celebrity tell-all nor full of complaints about body type or full of suggestions on how to become "perfect" in Hollywood's eyes. She mentions Ayurvedic practices, which I'm a huge fan of, with accompanying tests to figure out stress levels and other body insights. It read like a magazine, yet, it was quite repetitive. Also, I wish there would have been more meal plans/recipes/weekly layouts. I know Kate Hudson talks about not shoving her plan down your throat or telling you what to do, but let's face it, we're all looking for a starter guide when we pick up these health books.