

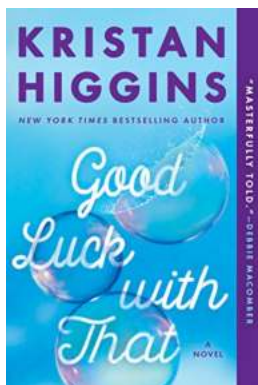
# Good Luck With That Kristan Higgins - A Life-Changing Journey

Do you ever feel like you're constantly chasing after good luck and it always seems to slip through your fingers? Kristan Higgins, a renowned author, takes readers on a life-changing journey through her book "Good Luck With That" that will make you believe in the power of self-acceptance and personal growth.

## Unlocking the Door to Self-Acceptance

"Good Luck With That" follows the lives of three best friends, Emerson, Georgia, and Marley, who have struggled with weight issues and body image insecurities throughout their lives. Kristan Higgins dives deep into their individual stories, making readers truly understand the emotional battles they face every day.

The author paints a vivid picture of how societal pressures can affect one's self-esteem, and she encourages readers to embrace their bodies and love themselves unconditionally. Through her words, Higgins showcases that true happiness doesn't lie in conforming to society's beauty standards, but rather in accepting and celebrating oneself, flaws and all.



## Good Luck with That by Kristan Higgins (Kindle Edition)

★ ★ ★ ★ ☆	4.6 out of 5
Language	: English
File size	: 2144 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 470 pages



## **The Power of Friendship**

Throughout the book, Kristan Higgins beautifully portrays the unbreakable bond of friendship. Emerson, Georgia, and Marley support and uplift each other through the highs and lows of life, showing readers the importance of having a strong support system.

Higgins highlights that true friends accept you for who you are, regardless of your size or appearance. She reminds us that friendships can provide the much-needed strength to overcome challenges and pursue our dreams, even when we feel the weight of societal judgment on our shoulders.

## **Breaking Society's Chains**

In "Good Luck With That," Kristan Higgins delves deep into the societal pressures surrounding body image and weight, bringing them to the forefront of the narrative. She sheds light on how these pressures can affect mental health and overall well-being.

The author encourages readers to break free from society's chains by challenging the unrealistic beauty standards that have been ingrained in our minds. She urges us to embrace diversity and redefine the definition of beauty, promoting self-love and body positivity.

## **A Life-Changing Journey**

Reading "Good Luck With That" is not just an ordinary reading experience; it is a life-changing journey that challenges our perspectives and inspires personal

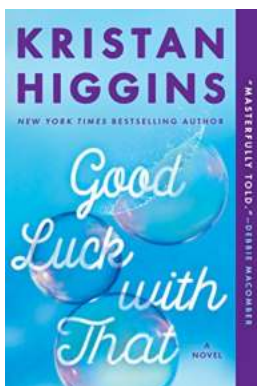
growth. Kristan Higgins has a way of captivating readers with her honest and relatable storytelling, making it impossible to put the book down.

Through the trials and triumphs of the characters, we learn valuable lessons about self-acceptance, friendship, and the importance of breaking societal norms. The book provides a ray of hope and encourages readers to embark on their own journey towards self-love and happiness.

"Good Luck With That" by Kristan Higgins is a novel that addresses weight issues, body image insecurities, and the power of self-acceptance. It takes readers on an empowering journey that challenges societal beauty standards and promotes the importance of friendship and self-love.

Higgins' masterful storytelling creates a thought-provoking narrative that leaves a lasting impact. This book is not only a celebration of diversity and body positivity but also a reminder that true happiness lies in accepting ourselves just as we are.

Embark on this life-changing journey with Kristan Higgins and discover the power of self-acceptance. Your new perspective on life will be worth it. Are you ready to change your world? Good Luck With That!



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One of Purewow's "Best Beach Reads of Summer 2018"  
Winner for Best Book of 2018 of the Fresh Fiction Awards!

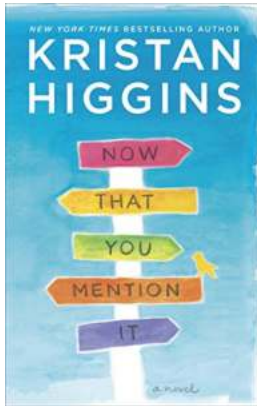
New York Times bestselling author Kristan Higgins is beloved for her heartfelt novels filled with humor and wisdom. Now, she tackles an issue every woman deals with: body image and self-acceptance.

Emerson, Georgia, and Marley have been best friends ever since they met at a weight-loss camp as teens. When Emerson tragically passes away, she leaves one final wish for her best friends: to conquer the fears they still carry as adults.

For each of them, that means something different. For Marley, it's coming to terms with the survivor's guilt she's carried around since her twin sister's death, which has left her blind to the real chance for romance in her life. For Georgia, it's about learning to stop trying to live up to her mother's and brother's ridiculous standards, and learning to accept the love her ex-husband has tried to give her.

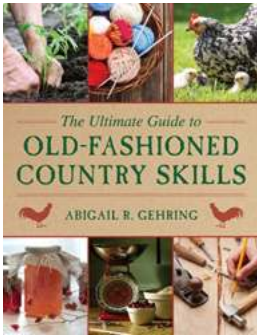
But as Marley and Georgia grow stronger, the real meaning of Emerson's dying wish becomes truly clear: more than anything, she wanted her friends to love themselves.

A novel of compassion and insight, *Good Luck With That* tells the story of two women who learn to embrace themselves just the way they are.



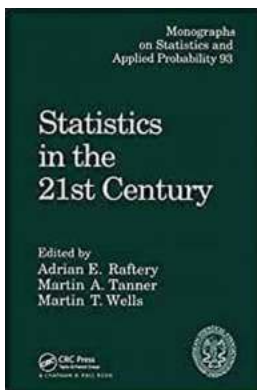
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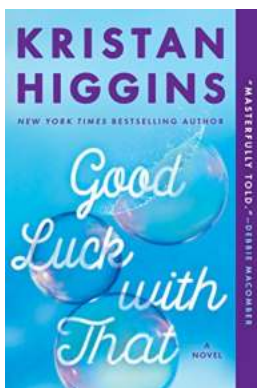
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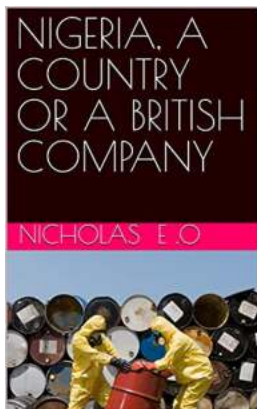
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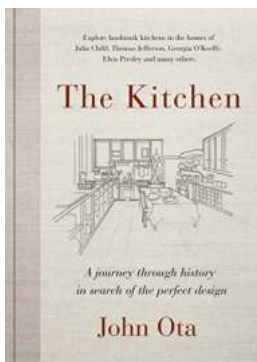
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