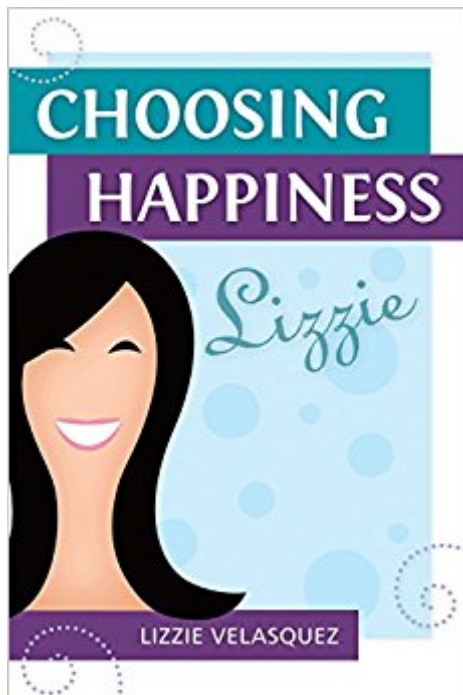


The book was found

# 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.

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## Customer Reviews

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, The View, Dr. Drew, Australia's Sunday Night, and Germany's Explosiv.

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.

loved the author , loved the book. get it , great for teens, adults , anyone who's ever struggled with self esteem, anyone who's ever been bullied, any one who wants to see the true potential of their humanity, book clubs, any club, everyone. Thank You Lizzie , thank you for writing this book and having so much courage, you are an example to the world

Very upbeat - probably suitable mostly for teens and young adults

An amazing inspirational book about Lizzie and how she faces life. I felt the need to read it just so i can be inspired. It worked. She has little reflections after each chapter . To make you think and take action. I recommend this book for all ages , for all genders, for everyone. I feel that anyone can learn from Lizzie.

This book is inspiring.. you can tell she's a young writer - but don't let that deter from the seriousness of the message/emotions she presents. Thanks Lizzie!

Bought for Granddaughter for a Christmas gift at her request. She was very glad to receive both of the books.

Love this book and her bio-documentary movie!!

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.

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