

Guac Is Extra But So Am I: The Ultimate Guide to Being Unapologetically Yourself



In a world that often tries to fit us into neat little boxes, it's refreshing to find someone who dares to embrace their individuality. *Guac Is Extra But So Am I* is a book that celebrates the beauty of being different. It's a guide to

helping you find the confidence to be yourself, even when the world tells you to conform.



Guac Is Extra But So Am I: The Reluctant Adult's Handbook by Sarah Solomon

★★★★☆ 4.8 out of 5

Language : English

File size : 5903 KB

Screen Reader: Supported

Print length : 224 pages



Why Be Yourself?

There are many reasons why it's important to be yourself. First, it's the only way to be truly happy. When you try to be someone you're not, you're constantly living a lie. This can lead to feelings of anxiety, depression, and low self-esteem.

Second, being yourself is the only way to make a real difference in the world. When you're not afraid to share your unique perspective, you can inspire others to do the same. You can help to create a more tolerant and accepting world.

Third, being yourself is simply more fun! When you're not trying to be someone you're not, you can relax and enjoy life more. You can focus on the things that make you happy and surround yourself with people who love you for who you are.

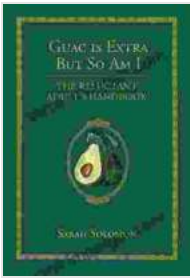
How to Be Yourself

Being yourself is not always easy, but it's definitely worth it. Here are a few tips to help you get started:

1. **Get to know yourself.** The first step to being yourself is getting to know who you are. What are your interests? What are your values? What are your dreams? Once you have a better understanding of yourself, you can start to live a life that's true to who you are.
2. **Don't be afraid to be different.** It's okay to be different. In fact, it's what makes you special. Don't try to fit in or be someone you're not. Embrace your uniqueness and let the world see the real you.
3. **Surround yourself with positive people.** The people you surround yourself with have a big impact on your life. Make sure you surround yourself with people who support you and encourage you to be yourself.
4. **Don't let anyone tell you who you can or cannot be.** There will always be people who try to tell you who you can or cannot be. Don't listen to them. You are the only one who can decide who you are.
5. **Be confident in who you are.** The best way to be yourself is to be confident in who you are. Believe in yourself and your abilities. Don't let anyone tell you that you're not good enough.

Being yourself is not always easy, but it's definitely worth it. When you're not afraid to embrace your individuality, you'll be happier, more successful, and more fulfilled. So go ahead, be yourself! The world needs more people like you.

Guac Is Extra But So Am I is a must-read for anyone who wants to live a more authentic life. It's a book that will inspire you to embrace your uniqueness and make your mark on the world.



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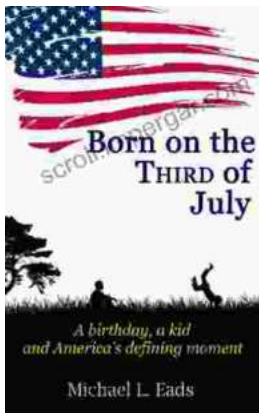
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