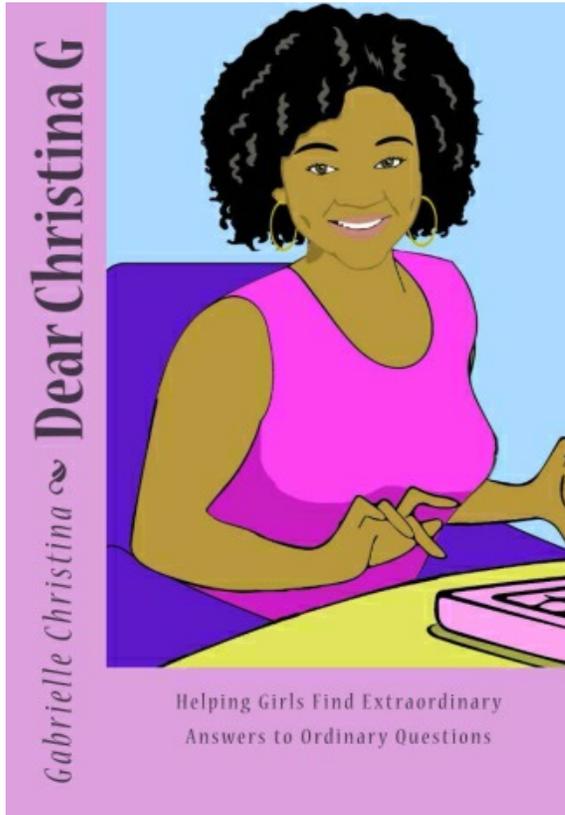


# IT HURTS!



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“It hurts when someone targets you for no apparent reason. I know because it happened to me. But here’s one thing I’ve learned; I’m a survivor. I’ve seen the other side. And let me tell you, the other side is beautiful. And it’s waiting for you. I want you to experience what it’s like to be free from worrying about what other people think of you. I want you to experience what it’s like to just be you and live for yourself and not others.”

## EVERYONE HAS A STORY...

Everyone has a story and each story is worth telling. Your story may not be that important to you; I know that when I tell my own, I feel overexposed. I never thought that I would do something like this. I’ve always seen myself as this extremely private person. I mean, who wants to write about the worst experiences in their life, let alone publish them? But there are too many horror stories about suicide, eating disorders, body shaming, and self harm for me to just sit around and be thankful that I’ve already done my time. There has to be a reason why I survived – why I got out on the other side. I believe that helping you by writing this book is one of the reasons.

As you read this book, my hope is that you will feel transformed and ready to see a new reflection of that wonderful girl called you.

And always remember, you’re perfect. Perfectly you! ♥

## ABOUT THE AUTHOR

Gabrielle Christina is an author, blogger, speaker, fashionista, media personality, and designer. She is the author of the blog *Planet Gabrielle*. She is also a passionate Anti-Bullying advocate. After witnessing and being the target of numerous “girl attacks” she discovered that she had a gift of encouraging other girls to stand against injustice and the strength to confront the behavior. She believes that when girls become empowered, they will understand that they are responsible for helping other girls fight negative peer pressure and bullying.

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