

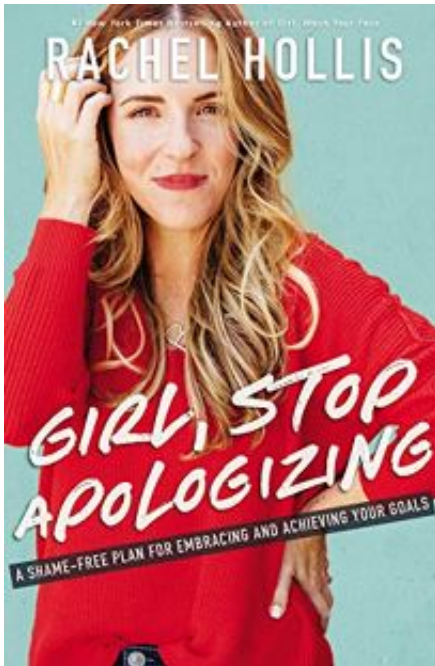
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★ *Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals*

Rachel Hollis. HarperCollins Leadership, \$27.99 (240p)
ISBN 978-1-4002-0960-6

MORE BY AND ABOUT THIS AUTHOR

Hollis (*Girl, Wash Your Face*) presents strategies for women to pursue their ambitions in this passionate guide to building confidence. She wants readers to know that she “did not wake up” motivated and organized and relates stories of personal struggle to illustrate how lies can hold women back; particularly revealing is her discussion of her decision to undergo breast augmentation, which she originally believed was “artificial and vapid” but later realized “would make me feel more confident.” Being open about her own priorities (herself, her marriage, her kids, and her work, in that order), Hollis writes with an authority that feels grounded and tested: “So stop waiting for someday; someday is a myth. Don’t wait to have the time; start planning to make the time.” Hollis’s plan comes in three phases: letting go of excuses (such as being unworthy of success or paralyzed by fear of failure), adopting new practices (asking for help, learning to say no), and honing new skills (organization, and optimism). She also provides a list of practices she calls the “five to thrive”:

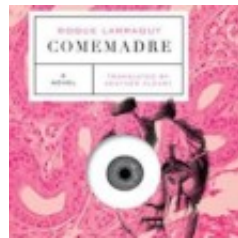
proper hydration, waking up earlier, giving up one unhealthy food for 30 days, daily movement, and daily faith-based gratitude practices. Hollis's writing is beautifully blunt, and she humbly thanks her fans for her success. Her actionable ideas and captivating voice will encourage women to believe in themselves. *(Mar.)*

DETAILS

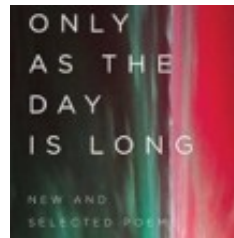
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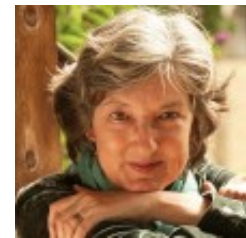
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