



# Ugly as Sin: The Truth About How We Look and Finding Freedom From Self-Hatred

*Toni Raiten-D'Antonio*

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'I'm Ugly. You're Ugly. So What?'

In *Ugly as Sin* Toni Raiten-D'Antonio, MSW, breaks the ultimate social taboo by insisting that she is ugly in the eyes of the world. More shocking still, she calls on the rest of us to own our ugliness too. But don't be insulted. There's a liberating purpose to her message, one that could finally set you free from the obsessing, self-doubt, and self-criticism that all of us participate in when we think about how we look.

In this unprecedented examination of ugliness, its pervasiveness in our society, and the havoc it wreaks on our psyches, spirits, and bodies, Raiten-D'Antonio bravely confronts the problem of ugliness (including her own) and opens a dialogue that is provocative and inspiring. She reveals the roots of our perceptions of ugliness and beauty, tracing them through biology, art, religion, and culture and shows how we have been led to fear being defined as ugly ('ugliphobia'), and how this dread has become a universal problem. Comparing ourselves to impossible and ever-changing ideals of beauty, we endlessly cycle between efforts at self-improvement and hopelessness.

What you will learn from *Ugly as Sin* is that overcoming ugliphobia begins with understanding the origins of the problem and learning that what we call ugly is not frightening or alien but part of being human. With searing honesty and empathy, Raiten-D'Antonio gives us the courage to redefine ugliness according to our own standards, while providing tools for finding self-acceptance and living in a world in which ugliness seems to be the ultimate sin.

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#### **Selma Lang:**

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their own friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book might be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled Ugly as Sin: The Truth About How We Look and Finding Freedom From Self-Hatred can be great book to read. May be it is usually best activity to you.

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