



Becoming Beautiful: A Guidebook to Finding Your Spiritual Self

Carolyn Sotelo

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The way we appear and the roles we play make up the human shell that coats our spiritual selves. But who are we really? *Becoming Beautiful* asks pertinent questions that challenge us to look beneath the surface and discover the beautiful being within.

We may begin this journey thinking we are too fat, not smart enough, too lazy, too poor, too sinful, too old, too bored, too this or that . . . but as we get beyond the labels we've allowed to define us, we can begin to reacquaint ourselves with our spirituality.

And as we become spiritually aware and fully present in our own lives, we recover the ability to experience who we truly are. The reality is, we are beautiful.

All living things are beautiful.

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Josephine Widman:

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