

Badass Bonita

author: Kim Guerra

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Synopsis

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From the creator of *Brown Badass Bonita* comes a guide to revolutionary self-love that can help transform not only your life but the lives of everyone in your community.

Almost every Latina has heard the phrase *calladita te ves más bonita* "you look most beautiful when you are silent. It's a message rooted in machismo passed from generation to generation, and one that poet and Latine therapist, Kim Guerra, grew up on. In *Badass Bonita*, Guerra tells a story of coming into her own power, and guides readers through the process of finding their own. Rejecting what she was taught as a girl, she learned to use her voice and the more she listened to that inner *niña*, the more she unearthed her inner *guerrera*. Vowing never to be *calladita* again, she now teaches Latine women to find their voices.

Tackling tough conversations around machismo, mental health, trauma, and intersectional identities, *Badass Bonita* is a guide that will help readers:

- Understand underlying sources of wounds and trauma.
- Shift from self-silencing to revolutionary self-love.
- Build confidence and bring positive change to relationships, family and community

Written in Kim's signature poetic, Spanglish style, *Badass Bonita* is perfect for readers of *My Grandmother's Hands* and *Este dolor no es mío* "for mothers, daughters, therapists, and *mujeres poderosas* everywhere ready find their wings.

Reader's comments

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