

Pretty Happy

author: Kate Hudson

2026-07

Synopsis

author	Kate Hudson
readBy	Kate Hudson
inLanguage	english

I didn't just wake up one day understanding how to take care of myself. I had to learn how to do so over time, and I continue to learn each and every day. This is a process, and my body is constantly changing. So is yours. And when I learned how to accept that I will always be like this, I relaxed. Our bodies do not stand still for time.

*When you understand yourself and connect to how you can become body smart, you realize pretty quickly that the perfect, the ideal is not the goal. Instead, the goal is feeling good in your body. That's what leads to confidence, to feeling and looking fit, and being **pretty happy**. Doesn't that sound great? I think so!*

In almost every interview she gives, Kate Hudson is asked the same questions: What do you eat? How do you stay so fit? What workout do you do? What's your secret? Well, the secret is that the sound bites the media loves so much don't tell the story, and the steps you need to take to have a healthy, vibrant and happy life can't be captured in a short interview. The key to living well, and healthy, is to plug into what your body needs, understanding that one size does not fit all, all the time, and being truly honest with yourself about your goals and desires.

Like everyone else, Kate is constantly on the move, with a life full of work, family, responsibilities and relationships. In *Pretty Happy*, Kate shows how she honors her relationship with herself through exercise, making the right choices about what she eats, and constantly going back to the drawing board and starting fresh, instead of holding herself to unrealistic standards of perfection and giving up when she falls short. Focusing on the Four Pillars of Health to enhance her well-being, *Pretty Happy* shows the benefits of:

- Cultivating an Intuitive Relationship With Your Body
- Eating Well
- Awakening Your Body through movement
- The Miracle of Mindfulness

Full of questionnaires to help you assess your Body Type and your stress levels, advice about cleanses and keeping your diet and body balanced, and plenty of

interactive Drawing Board exercises, *Pretty Happy* is a beautiful, insightful, and personal look at health from the inside out, an authentic plan for an authentic life from a woman who truly lives what she speaks.

Reader's comments

comment 1:

â€"â€" ()