



Gifts Ideas for People with Anxiety

Stagram Picks Anxiety Relief Deal

Katie Piper



Stagram Picks Anxiety Relief Deal:

Still Beautiful Katie Piper, 2025-06-05 A beautifully thoughtful considered and candid read As always Katie's trademark warmth and grace shines through Stacey Dooley TV presenter and author Age is a gift not everybody is given When a life threatening acid attack left Katie Piper physically and visibly scarred at just 24 her approach to ageing was irrevocably changed she now sees each passing year as a reminder of the privilege of being alive Over a decade on from sharing her story for the first time Katie reflects on what it means to age well within a world that has too often made women feel irrelevant or invisible for going through the natural ageing process From how to know your worth to how to take up space in a society that tells you to be small this book will help you cultivate a confidence you can depend on and find the real beauty in getting older Katie Piper OBE is an international bestselling author inspirational speaker TV presenter and charity campaigner She is a regular panellist on ITV's Loose Women and a presenter for BBC Radio 2 Katie shared her remarkable story in a Channel 4 documentary called Katie My Beautiful Face which was watched by over 3.5 million viewers and nominated for a BAFTA in 2010

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