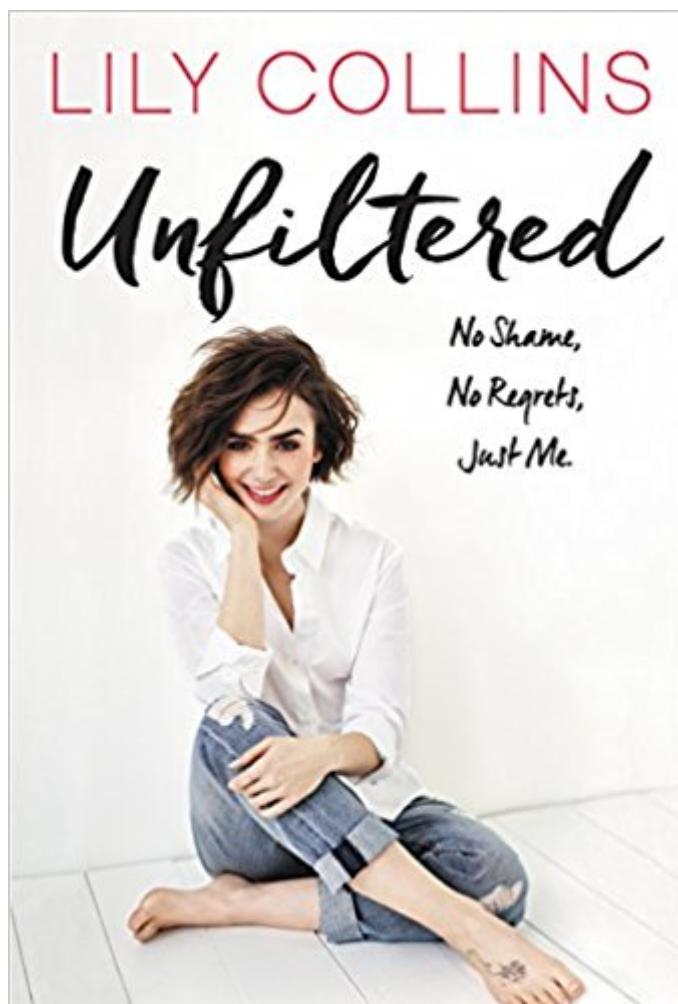


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# Unfiltered: No Shame, No Regrets, Just Me.



## **Synopsis**

In this groundbreaking debut essay collection, featuring never-before-seen photos, actress Lily Collinsâ "star of Mortal Instruments and Rules Donâ ™t Applyâ "is opening a poignant, honest conversation about the things young women struggle with: body image, self-confidence, relationships, family, dating, and so much more. For the first time ever, Lily shares her life and her own deepest secrets, underlining that every single one of us experiences pain and heartbreak. We all understand what itâ ™s like to live in the light and in the dark. For Lily, itâ ™s about making it through to the other side, where you love what you see in the mirror and where you embrace yourself just as you are. She's learned that all it takes is one person standing up and saying something for everyone else to realize theyâ ™re not alone. By turns hilarious and heartbreakingly honest, Lilyâ ™s honest voice will inspire you to be who you are and say what you feel. Itâ ™s time to claim your voice! Itâ ™s time to live your life unfiltered.

## **Book Information**

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## **Customer Reviews**

Entertainment has been a big part of Lily Collinsâ ™s life since her childhood in England. Once she moved to Los Angeles, Lily attended the Youth Academy of Dramatic Arts and performed in numerous musical theater productions. In 2009, Lily made her film debut in the Academy Award-nominated film *The Blind Side*, and in 2016, she was nominated for a Golden Globe for Best Actress in a Motion Picture Comedy or Musical for her performance in Warren Beattyâ ™s *Rules Donâ ™t Apply*. Her other films include *Priest*; *Abduction*; *Mirror Mirror*; *The English Teacher*; *Stuck in Love*; *The Mortal Instruments: City of Bones*; and *Love, Rosie*. She will soon be seen in *To the*

Bone, Okja, Halo of Stars (previously known as The Clown), and the TV series The Last Tycoon. Lily also has a passion for journalism, which she discovered while working for ELLE Girl UK. Later, she reported on the 2008 presidential election for Nickelodeon, covered the Democratic and Republican National Conventions in a Seventeen magazine blog, and was a contributing editor for CosmoGirl and the Los Angeles Times Magazine. Lily has always strived to empower young people to use their voices, starting in high school where she trained to be a teen therapist. Within the last few years, she has taken part in national events focused on encouraging today's youth to stand together and speak out. This is Lily's debut book.

A wonderful book. Nice to see a real book by a real actress.

Author is wonderfully real and personal but still keeps herself grounded. A first book well done!

Lily is someone who I have thought would make a great role model for a while now. I have always loved the movies she's made and finding out why she picks the parts she does. Now after reading her book, I have so much more respect for her and think that her story is one that many people need to hear and can relate to. She also has this great message through the entirety of her book and that is to unapologetically be yourself and love yourself.

A nice uplifting light read!

Bought this for my daughter and she loved it

good book.

I loved this book. The more I read, the more comfort I felt that I was going to be okay. Struggling with eating disorders is a never ending battle, but I feel stronger now and like there's a light at the end of the tunnel. Thank you.

Really honest a fun read for teens/young adults. I think a lot of young minds can relate to her struggles. .

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