

Blending joyful self-help magic with memoir and incisive social analysis, Vanessa Rochelle Lewis empowers readers to heal, connect, and revolt against uglification

Uglification is “ugly” weaponized: a tool, ideology, and type of oppression that designates some bodies as more or less worthy of love, respect, access, and dignity. Uglification defines who’s accepted in what spaces, which identities are marginalized, and how we all move through the world—and is part and parcel of systems like white supremacy, ableism, sizeism, sexism, and queer- and transphobia.

Here, Vanessa Rochelle Lewis takes on uglification, showing us how we can reclaim UGLY as a subversive act that roars an unapologetic “yes!” to joy, healing, community, and revolution in a world that’s engineered to hold us back. You’ll learn:

- Loving reminders to trust yourself: *lean into your weirdness, your creativity, and your wildness and explore every corner of your personhood*
- How “beauty” is white supremacy’s biggest myth
- Self-compassion, boundaries, and the transformative power of NO
- How uglification teaches us to internalize hatred—and take our pain and fear out on others
- To own your pleasure and ask for the love you want
- How uglification shows up in activist spaces and liberation movements

Reclaiming UGLY! is a first-of-its kind book that invites us to boldly perform UGLY as an act of rebellion and radical self-love. Through self-help exercises and reflective meditations, Lewis moves us closer to a collective liberation that takes back what society tells us is ugly and taboo ... and helps us deconstruct what we’ve told ourselves is ugly and taboo.

In sharing her analysis, personal journey, and empowering prompts, Lewis offers a fierce embrace that guides us to the radical self-acceptance, joyful community-centered healing, and unfiltered self-love we were born for.

“Vanessa’s writing is a mirror where each page rescues a bit more of our reflections from the lies and dangers of lookism....[she] has given us a generous, liberating provocation and invitation with *Reclaiming UGLY!* that we would do ourselves a service to receive.”

—Prentis Hemphill, author, therapist, founder of The Embodiment Institute, and host of the popular podcast *Finding Our Way*

“Looking at the creation, maintenance, and impact of uglification through a lens that includes the personal, cultural, and factual, Vanessa shows us a way forward toward compassion and revolutionary love.”

—adrienne maree brown, *New York Times* best-selling author of *Pleasure Activism*

SELF-HELP / DISCRIMINATION / FEMINISM

North Atlantic Books
Berkeley, California
www.northatlanticbooks.com

US \$19.95 / \$25.95 CAN
ISBN 978-1-62317-586-3

9 781623 175863

Lewis
RECLAIMING UGLY!

“*Reclaiming UGLY!* is a necessary drink of liberatory possibility; a world formed of immense beauty and transformative love; a world we each get to co-create. Lucky us.”
—SONYA RENEE TAYLOR, *New York Times* best-selling author of *The Body is Not an Apology*

Revolutionary Stories, Tools,
and Theories for a Liberated Life

Reclaiming UGLY!

A Radically Joyful Guide to
Unlearn Oppression and
Uplift, Glorify, and Love Yourself

Vanessa Rochelle Lewis

North Atlantic Books