

Gracefully You PDF (Limited Copy)

Jenna Dewan



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Gracefully You Summary

Embracing authenticity and self-love through life's journey.

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About the book

In "Gracefully You," Jenna Dewan opens the door to a transformative journey that blends empowerment and authenticity with her personal experiences in the limelight. Drawing from her career as a dancer, actress, and mother, Dewan invites readers to explore the delicate art of embracing one's true self amidst the chaos of life. With heartfelt stories and practical insights, she encourages us to celebrate imperfections and cultivate inner strength, ultimately revealing that true elegance comes from being gracefully unapologetic. Join her on this intimate exploration of self-discovery and learn how to navigate the complexities of modern womanhood with grace, confidence, and resilience.

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About the author

Jenna Dewan is a multifaceted talent known for her work as an actress, dancer, and producer, who first rose to fame with her captivating role in the film "Step Up." Born on December 3, 1980, in Hartford, Connecticut, she has since appeared in various television shows and films, showcasing her dynamic range and strong screen presence. Beyond her acting career, Dewan is an accomplished dancer, having trained in various styles from a young age, which has significantly influenced her artistic journey. As a passionate advocate for health, wellness, and self-care, Jenna shares her personal experiences and insights in her book "Gracefully You," where she inspires readers to embrace their true selves and navigate the complexities of modern life.

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Chapter 1 Summary: live awake

In "Gracefully You," Jenna Dewan highlights the importance of setting daily intentions as a transformative practice. She believes that by identifying how one wants to feel instead of fixating on specific outcomes, individuals can regain control over their days and foster a positive mindset. By acknowledging that life's events are often beyond our control, Jenna emphasizes that we can dictate our responses and emotional states, making it crucial to commit to feelings like confidence, strength, or accomplishment every morning.

Emphasizing the value of daily rituals, Jenna incorporates practices such as morning meditation, which she often achieves while showering. This approach not only allows for mental clarity but also serves as an effective method for cleansing negative energy. During this time, Jenna visualizes positive energy cleansing her spirit, transitioning from feelings of stress to positivity and readiness for the day. After her shower, she sets her daily intentions, aligning them with her emotional goals.

Another significant ritual is her use of oracle cards, which she engages with each morning for insights and reflections. This practice fosters deeper connections to her own thoughts and feelings, allowing her to gain perspective and inspiration for the day ahead. Her enjoyment of this card pulling extends to her daughter, Everly, nurturing a sense of introspection



and compassion at an early age.

Diet also plays a vital role in Jenna's morning routine. She revolves her breakfast around the healthful "Glowing Green Smoothie" crafted by nutritionist Kimberly Snyder. This portable yet nutritious meal fuels Jenna's busy mornings, ensuring she starts her day nourished and energized.

Further expanding on the importance of body awareness, Jenna discusses a moving meditation she practices from her friend Scott Picard, combining elements of nature to awaken her senses and bodily connection. This practice allows her to balance her mental state and remain grounded amidst her hectic lifestyle.

As evening approaches, Jenna outlines her nighttime rituals, encapsulated in the acronym D.R.E.A.M., which stands for Disconnect, Reach, Evaluate, Ask why, and Meditate. By unplugging from screens, stretching, journaling, and reflecting on her emotions, she cultivates a sense of peace that nurtures her mental health.

Ultimately, Jenna's key message is about the power of intention-setting, mindfulness, and self-care. Small, purposeful practices can create profound shifts in perspective and well-being. Her emphasis on authenticity, emotional health, and the importance of nurturing oneself resonates through every aspect of her daily routine, encouraging readers to explore their own

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personal journeys towards self-love and fulfillment.

1. Establishing Intentions: Focus on defining daily emotional outcomes over specific goals to regain control.
2. Daily Rituals: Incorporate simple practices, like morning meditation and oracle card readings, to enhance self-awareness and promote positive mindset.
3. Healthy Nutrition: Adopt nourishing meals like smoothies to ensure energetic mornings.
4. Moving Meditation: Use physical practices to connect body and mind, fostering awareness and grounding.
5. Nighttime Reflection: Implement rituals that promote mental clarity, emotional processing, and restful sleep.

Jenna's approach illustrates that every day offers a new opportunity to connect with oneself, embrace growth, and maintain balance, emphasizing that self-care is essential for a fulfilling life.

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Critical Thinking

Key Point: Setting Daily Intentions

Critical Interpretation: Imagine waking up each morning with a clear focus on how you want to feel rather than what you want to accomplish. This simple yet profound practice of setting daily intentions empowers you to reclaim the steering wheel of your life, guiding your emotional state through the unpredictable turns of the day. By embracing feelings of confidence, strength, or peace, you transform your perspective, allowing the challenges of life to become stepping stones instead of roadblocks. As you navigate your daily routine, you'll notice how this mindset shift fosters resilience and positivity, inviting a graceful flow that encourages deeper self-love and fulfillment.

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Chapter 2 Summary: sacred space

In Chapter 2 of "Gracefully You" by Jenna Dewan, the author shares a heartfelt reflection on her journey to create a home that embodies comfort, love, and personal significance. From the outset, Dewan emphasizes her longing for wide-open spaces filled with natural light, resulting in the discovery of a house that was both spacious and surrounded by lush greenery, perfect for her and her daughter, Evie.

1. **Comfort First:** Dewan underscores the importance of comfort in every room of her home, aiming for spaces where friends and family can gather and feel at ease rather than a place filled with untouchable decor.
2. **Personal Style:** She describes how her fashion sense translates to her home design, blending a bohemian vibe with classic elegance. This creates a space characterized by mixed textures, inviting warmth, and reflective of her personality.
3. **Meaningful Decor:** Dewan emphasizes the significance of filling her home with items that possess personal meaning, such as family heirlooms and treasures found at flea markets. Each piece tells a story, enriching the emotional landscape of her living space.
4. **Curation Over Accumulation:** The chapter delves into the idea that



decorating doesn't have to be expensive. Dewan remembers her mother's tea set and how it symbolizes family connections, promoting the notion that treasured items can enhance one's living environment without excessive spending.

5. Decluttering Practice: Dewan candidly admits her struggle with organization and shares that maintaining a clutter-free environment is essential for her mental clarity. She employs regular purging practices to cultivate a peaceful, energetic space, following the principle of keeping only items that bring joy.

6. Sacred Space: The importance of creating a personal sanctuary within the home cannot be overstated. Dewan details her own sacred space, filled with items for meditation and intention-setting, highlighting its role in encouraging mindfulness and self-care.

7. Connection with Nature: In the narrative, Dewan reflects on a powerful connection to nature she found while living in London, where she created meaningful rituals that grounded her during her pregnancy. This connection continues through her life at home, fostering a sense of magic and tranquility.

8. Energy and Vibrational Alignment: Dewan discusses the concept of energetic vibrations in the home, believing that the collected energy affects



emotional states. She advocates for surrounding oneself with positive and high-vibrational objects, like crystals, which resonate with one's intentions.

9. Intentional Rituals: The chapter highlights the value of rituals in clearing space and ensuring positive energy flows throughout the home. Dewan describes techniques for energetic cleansing, such as sage smudging and the use of calming essential oils.

10. Emotional Release Through Letting Go: Dewan reflects on personal growth, noting her journey in releasing objects that no longer serve her emotional well-being. She recounts how letting go of certain mementos has liberating qualities, allowing her to embrace new beginnings.

As the chapter concludes, Dewan offers a guiding philosophy: viewing one's home as a reflection of desired feelings and identity can profoundly transform the nurturing of a living space. Recognizing the emotional impact of an organized, personalized environment can lead to greater well-being and clarity in all aspects of life.

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Critical Thinking

Key Point: Comfort First

Critical Interpretation: Imagine stepping into your home and immediately feeling a warm embrace of comfort and ease, where every room invites you and your loved ones to relax and be your true selves. Inspired by Jenna Dewan's emphasis on prioritizing comfort, allow yourself to create spaces that are not just beautifully decorated, but also function as cozy sanctuaries. Instead of worrying about maintaining an image of perfection, think about how you can foster a genuine sense of belonging and love within your walls. Fill your home with elements that spark joy and connection, transforming it into a haven where memories are made, laughter echoes, and life is celebrated.

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Chapter 3: inner beauty rituals

In Chapter 3 of "Gracefully You," Jenna Dewan explores the profound connection between inner and outer beauty, emphasizing a holistic approach to self-care that nurtures both the mind and body.

1. Inner Reflects Outer: Dewan asserts that true beauty emanates from within. When individuals feel good on the inside, it manifests in their outer appearance. Conversely, superficial attempts at beauty—no amount of makeup or styling—cannot conceal inner turmoil. She recounts personal experiences where anxiety and emotional weight overshadowed her appearance, revealing that external beauty is intricately tied to one's internal state.

2. Empathy and Emotional Impact: As a self-identified empath, Dewan shares her struggle with absorbing the emotions of others. While empathy fosters compassion and understanding, it also has a downside; others' negative feelings can weigh heavily on her own spirit. She advocates for establishing healthy boundaries and engaging in mutually fulfilling

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Chapter 4 Summary: plant life

As a child, my aversion to meat was rooted deeply in my understanding of animal welfare, often prompting innocent yet probing questions about their origins. This sensitivity turned into a pivotal moment during my preteen years when I encountered a documentary spotlighting the disturbing realities of slaughterhouses, which left me heartbroken. The visceral cruelty depicted resonated so strongly that I declared myself a vegetarian, prompting my mother to support my choice by enlisting the guidance of a nutritionist. However, navigating my teenage years, I found myself subsisting primarily on carbohydrates, which I playfully dubbed a "carbitarian" lifestyle, unaware of its detrimental effects on my health.

As I matured, I recognized the negative impact dairy had on my well-being, prompting me to cease its consumption altogether upon learning about the harsh treatment of dairy cows. Transitioning to a vegan lifestyle transformed my health; my digestion benefited, my skin cleared, and my energy soared. My journey took a pivotal turn when I met nutritionist Kimberly Snyder, whose holistic approach reshaped my understanding of food and nutrition, particularly regarding the importance of food combinations. With her guidance, I adopted a nourishing routine, incorporating her signature Glowing Green Smoothies into my daily practice.

Teaming up with my role as a mother, I aimed to introduce my daughter,

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Everly, to a plant-based diet without imposing my beliefs. I found success by regularly offering healthy options, celebrating her preferences, and allowing for moderation with treats like ice cream and cookies. As she grows, I realize that her dietary habits will inevitably be influenced by her peers, so I maintain a relaxed yet supportive approach to her choices.

Living a plant-based lifestyle has unexpectedly revealed a profound connection between emotional well-being and the foods we choose. While the term “emotional eating” often brings negative connotations, I’ve learned that certain ingredients can uplift our spirits. For instance, tart cherry juice helps promote sleep, while celery can reduce stress. This perspective encourages mindful eating, allowing us to harness food’s power for emotional healing.

During personal turmoil, such as going through a divorce, my coping mechanisms evolved. Although I sought comfort in traditional remedies—like wine with friends and shedding tears—I confronted my emotions head-on, understanding the necessity of processing grief rather than bypassing it. Accepting change requires patience and a commitment to self-reflection, leading to growth and, ultimately, a stronger sense of self. Embracing holistic practices like therapy and meditation, paired with the therapeutic benefits of herbs like holy basil, supported my journey toward healing.

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Within this context of emotional growth, I discovered culinary creations that nourished not only the body but the soul. Certain recipes became staples during challenging times, bringing comfort and joy. A creamy basil dressing, rich in flavor yet nutritious, became a go-to for light meals; meanwhile, raw chocolate emerged as a delightful indulgence, igniting feelings of bliss and reminding me of love's many forms. The connection between food and emotions is profound. Foods like beans provided steady energy throughout the day, and simple staples like blueberries, linked to brain health, were indispensable in our household.

As I navigate through performance anxieties and personal challenges, I recognize the importance of addressing fears through visualization and mindful practices. Techniques such as using celery, celebrated for its detoxifying properties, serve as tangible reminders of how food impacts emotional and mental states. Easy recipes, like a calming celery soup, not only fortify the body but also soothe the heart.

Ultimately, my journey emphasizes the need for community and self-care during trying times. Surrounding ourselves with supportive loved ones can provide the solace we need, while maintaining a focus on health ensures we have the strength to face life's challenges. Through all the ups and downs, I've learned to embrace healing as a necessary part of growth, allowing past experiences to inform a more vibrant present.

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Chapter 5 Summary: plant life

In Chapter 5 of "Gracefully You" by Jenna Dewan, the author reflects on her evolving personal style and the lessons learned through her fashion journey, influenced by her experiences in the entertainment industry. She starts by acknowledging her earlier, more flamboyant style characterized by bold makeup and extravagant outfits, typical of a young woman reveling in newfound freedom after feeling restricted in her youth. A key moment of friendship blossomed with Emmanuelle when their contrasting styles brought them together, underscoring the importance of authenticity amid superficiality.

As Jenna transitioned into a more refined aesthetic, she embraced a California beach vibe that captures her essence more effectively. This shift represents her commitment to representing her true self through her clothing choices, moving away from overly complicated fashions to those that align with her relaxed lifestyle. She aspires to wear outfits that are easy to style and versatile enough to transition from day to evening with minimal effort. Her wardrobe staples reflect this practicality, focusing on comfort while maintaining elegance.

1. Embracing Authenticity: Jenna learned to allow her personal style to reflect her true self rather than conforming to external expectations. This journey highlights the importance of confidence in presenting oneself



authentically.

2. Effortless Dressing: She praises outfits that require minimal time and effort to style, emphasizing that practicality and ease can coexist with sophistication.

3. Dressing for Confidence: Jenna often dresses to “fake it till she makes it” in professional environments, using powerful colors and structured pieces to boost her confidence. This approach allowed her to navigate her career effectively despite underlying self-doubt.

4. Listening to Inner Voices: Learning to trust her instincts when it comes to fashion choices became crucial. Jenna stresses that how clothing makes one feel should take precedence over designer labels or external opinions.

5. Personal Growth through Motherhood: The experience of motherhood shifted Jenna’s priorities, allowing her to appreciate her body more and focus less on the constraints of fashion. The process of surrendering to change became transformative, conveying a significant maturation in her outlook.

Throughout the chapter, Jenna also expresses the joy derived from experimenting with fashion alongside her stylist, Brad Goreski. His encouragement to take risks and have fun with fashion resonates throughout



her style journey, as he facilitates her understanding of adapting outfits to enhance her assets rather than hide perceived flaws. This collaborative spirit underscores the chapter's celebration of self-expression through fashion, reiterating that personal style is a dynamic process of growth and maturity. Ultimately, Jenna's narrative illustrates the intertwining journey of self-acceptance and style evolution, advocating for a balance between comfort and fashion that adapts to life's various roles.

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Chapter 6: body work

In the intricate dance of life, our bodies serve as vital vessels for all our experiences, emotions, and interactions. They encapsulate every aspect of our existence, reflecting both our joys and challenges. The immediate feedback from our bodies is often overlooked in a technology-driven world that prioritizes mental engagement. People frequently seek answers online or distract themselves with social media instead of tuning in to the physical sensations and intuitions of their bodies. Historically, cultures embraced movement and physicality as integral to daily life, enjoying activities like dancing around fires as expressions of their relationship with their bodies. In contrast, modern society emphasizes sedentary lifestyles, diminishing our awareness and connection to this critical aspect of our being.

Even as a dancer, Jenna Dewan acknowledges her struggles with maintaining a body-mind connection amidst daily distractions. The decline in her dance practice significantly impacted her emotional and cognitive clarity, revealing how physical movement fosters mental resilience. Connecting with the body, be it through gentle stretches or intense workouts,

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Chapter 7 Summary: mind your business

In the whirlwind of the Hollywood entertainment industry, Jenna Dewan paints a vivid picture of the unpredictable journey that comes with being an actress. The nature of this business is inherently feast or famine, requiring a remarkable level of flexibility and adaptability. As projects can change at a moment's notice, Jenna shares how her experiences have compelled her to embrace spontaneity, both as a professional and as a mother. Juggling the joys and challenges of filming a TV show while managing her daughter's schedule exemplifies the balancing act many working parents face.

Throughout her career, Jenna has learned essential lessons that extend beyond the entertainment sphere. These principles serve as guiding lights during both triumphs and setbacks. Key takeaways include:

1. Embrace Opportunities: Jenna's journey into acting was unexpected.

After being discovered during a dance performance at the Grammys, she hesitated but ultimately decided to give acting a try. This leap of faith led her to her first film role, marking the beginning of her acting career. Even without prior experience, she discovered a passion for acting that exceeded her original ambitions.

2. Accept Disappointment: After her initial success with *Tamara*,

Jenna faced disappointment when her role in another film, *Take the Lead*,



was significantly reduced. This experience taught her the importance of resilience. Understandably shocked when her scenes were cut, Jenna learned that not all opportunities work out as planned, and it's crucial not to take rejection personally but to remain open to future possibilities.

3. Persevere Against Odds: Following her role in **Take the Lead**, she pursued another opportunity, **Step Up**, even after being initially rejected due to her previous dance film. Despite challenges during auditions, including wardrobe revisions and last-minute changes, Jenna exemplified determination by continuing to inquire and fight for the role. Ultimately, she secured a part that would become pivotal in her career.

4. Maintain Professionalism: During trying times in her personal life, such as her separation from Channing Tatum, Jenna emphasized the importance of compartmentalization. Keeping personal matters separate from her professional responsibilities allowed her to focus and excel in her work. She learned that a strong work ethic and a commitment to performance uphold not only personal integrity but also the trust of colleagues.

5. Own Your Space Jenna explores the concept of 'riders'—personal preferences that enhance comfort and creativity in professional settings. Initially hesitant to assert her needs, she learned the value of creating a positive work environment. Reflecting on what makes her feel at ease, she



filled her workspace with items like personal photographs and healthy snacks, nurturing her well-being in a demanding industry.

6. Pursue Authenticity: In her reflections, Jenna stresses the importance of being true to oneself. Rather than simply telling her daughter that she can be anything, she hopes to instill the value of authenticity. True success comes from being genuinely oneself; the right opportunities will follow suit.

As she continues the voyage through a dynamic career and personal life, Jenna Dewan embodies resilience, adaptability, and authenticity, inspiring others to embrace their own journeys with courage and clarity.

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Critical Thinking

Key Point: Pursue Authenticity

Critical Interpretation: Jenna Dewan's insights into the importance of authenticity resonate powerfully with anyone navigating the complexities of life. Imagine nurturing your true self, casting aside the fear of conforming to others' expectations. When you embrace who you are—acknowledging your passions, quirks, and values—you create a magnetic aura that attracts opportunities and kindred spirits. Picture yourself instilling this philosophy in those around you, encouraging loved ones to shed their facades. By pursuing authenticity, you don't just honor your own journey; you also empower others to do the same, fostering a vibrant community that celebrates individuality. This chapter inspires you to step boldly into your own space, embrace your uniqueness, and watch as the world responds to your genuine light.



Chapter 8 Summary: little goddesses

In her reflections on motherhood, Jenna Dewan expresses an innate desire for a family that has long lived in her imagination. Growing up as an only child, she yearned for a sense of belonging and connection that a larger family could provide. The birth of her daughter, Everly, fulfilled this dream in unexpected ways, ultimately transforming Jenna's life and perspectives. Her journey into motherhood has been profoundly fulfilling, awakening feelings and priorities she hadn't anticipated.

1. Embracing Individuality: From the outset, Jenna resolved to honor Everly's individuality, allowing her to be herself rather than molding her into a version that aligns with Jenna's ideals. This commitment required Jenna to understand and observe Everly's motivations and preferences.

Acknowledging Everly's strong-willed and free-spirited nature comes with both joys and challenges, as Everly's demeanor often demands a careful balance of guidance and freedom.

2. Cultivating Confidence: An essential aspect of Jenna's parenting philosophy is nurturing Everly's self-confidence. She understands that a healthy sense of self is foundational for navigating life's social landscapes and personal choices. Jenna allows Everly to express her opinions while simultaneously establishing clear boundaries, ensuring her assertiveness does not evolve into a perception of entitlement.



3. Connection & Transition: Recognizing the importance of connection, Jenna takes moments to engage with Everly before transitions, like mealtimes. These intentional interactions make it easier for Everly to adjust from play to dinner, promoting a more harmonious rhythm in their daily life. She emphasizes that playing with children fosters stronger bonds and better communication.

4. Encouraging Curiosity: Jenna finds joy in Everly's inquisitive nature, especially during the "why" phase of development. Rather than dismissing her questions, Jenna meets this curiosity with patience and openness, fostering a dynamic of mutual respect and exploration. Every "why" becomes an opportunity for learning, deepening their connection and understanding of each other's thoughts.

5. Embracing Imagination: Jenna encourages Everly's belief in magic, particularly through her fascination with fairies. Their shared rituals surrounding this belief cultivate joy and innocence, facilitating a deeper spiritual relationship. This imaginative play reinforces values of kindness and good behavior, highlighting the significance of creative thinking in childhood.

6. Nature Connection: In a world dominated by technology, Jenna prioritizes outdoor experiences that help Everly connect with nature. From walks and



camping to simply lying on grass, these activities instill an appreciation for the environment, teaching respect and fostering a sense of responsibility toward the planet.

7. Deepening Emotional Intelligence: Jenna has established a nightly tradition of sharing "roses" and "thorns" with Everly, turning bedtime into meaningful conversations about feelings and daily experiences. This practice helps develop Everly's emotional intelligence while strengthening their bond as they process both positive moments and challenges together.

8. Trusting Intuition: Reflecting on her journey, Jenna underscores the importance of trusting one’s instincts in parenting. Despite the torrent of advice and information available, she has learned to rely on her inherent wisdom and values, understanding that there is no single right way to raise a child.

Through these reflections, Jenna Dewan captures the essence of motherhood—an evolving journey filled with challenges, joys, and profound connections characterized by respect, imagination, and the nurturing of individuality. Ultimately, her insights provide a rich tapestry of experiences that resonate with many parents navigating the complexities of raising spirited children.

Theme	Description
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Theme	Description
Embracing Individuality	Jenna honors Everly's individuality, allowing her to express her true self while balancing guidance and freedom.
Cultivating Confidence	She nurtures Everly's self-confidence by allowing her opinions and setting clear boundaries to prevent entitlement.
Connection & Transition	Jenna engages with Everly during transitions to foster connections and create a harmonious daily rhythm.
Encouraging Curiosity	Instead of dismissing questions, Jenna fosters Everly's inquisitive nature, using "why" as a learning opportunity.
Embracing Imagination	Jenna encourages Everly's belief in magic and imaginative play, reinforcing kindness and good behavior.
Nature Connection	She prioritizes outdoor experiences to instill appreciation for nature and responsibility toward the environment.
Deepening Emotional Intelligence	The nightly tradition of sharing "roses" and "thorns" helps enhance Everly's emotional intelligence and connection.
Trusting Intuition	Jenna emphasizes the importance of trusting one's instincts in parenting amidst overwhelming advice.
Overall Essence	The chapter captures the evolving journey of motherhood filled with connections, respect, wonder, and nurturing individuality.

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Chapter 9: gracefully you

In her insightful reflection on personal growth and resilience experienced during a significant life transition, Jenna Dewan shares a raw and candid account of her journey through separation and self-discovery. She begins by acknowledging how the past year has reshaped her understanding of strength, resilience, and grace. Facing the painful reality of divorce, especially in the public eye, she emphasizes the difficulty of navigating such personal upheaval.

1. Acceptance of Change: Jenna recounts her struggle to accept that her relationship had not evolved alongside her personal growth. She faced the difficult truth that the dynamic she was in was no longer serving her or her daughter, Everly. Accepting this painful realization was essential to moving forward.

2. Facing Pain Head-On: Instead of resorting to distractions, Jenna resolved to confront her emotions directly. She advocates for allowing oneself to feel pain, emphasizing the importance of properly processing

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Best Quotes from Gracefully You by Jenna Dewan with Page Numbers

Chapter 1 | Quotes from pages 15-49

1. The most important part of my everyday begins with setting my intentions.
2. Addressing these goals daily keeps me accountable and on track.
3. Living with this type of intention puts you in the driver's seat rather than leaving you at the mercy of life.
4. Once you can harness and claim that power, I'm telling you, everything changes!
5. It's important to focus on how you want to feel and not on what you want to happen.
6. Setting your intention for each day is a small, easy thing to do, and it will make a huge difference in how you face each day.
7. Both the brain and the body respond positively to a sense of ritual.
8. Taking a shower is something I would do anyway, so why not take advantage of the precious time?
9. How is my body moved by the energy of the earth? Allow your body to answer the question through movement.
10. The important thing to remember is to be positive, kind, and forgiving to yourself and to others.

Chapter 2 | Quotes from pages 50-91

1. I wanted my home to feel like a deep breath of fresh air.
2. My goal is for anyone who stops by to feel a sense of lightness, love, comfort, and

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peace.

3. I believe these personal touches are what make a house a home, a sacred space to you and your family.
4. You don't have to drop a mortgage payment to decorate if, like mine, your goal is to create a sense of warmth and welcome.
5. I've learned to become just as good about letting these things go.
6. I see a house as its own living, breathing being, a part of the family that needs as much love and care as those who live in it.
7. If you've attached an upsetting memory or the thought of someone who hurt you to something—get rid of it.
8. Every time I walk by the Fairy Tree I think of her, and whenever I take a moment to connect at the Fairy Tree, I feel our bond.
9. Having a designated spot is much more significant than saying, Oh, I'll have this moment to myself in bed or at my desk.
10. How you look at your home as a reflection of who you want to be or how you want to feel greatly changes how you go about nurturing your space.

Chapter 3 | Quotes from pages 92-117

1. I wholeheartedly believe our inner beauty directly affects our outer beauty.
2. When we feel beautiful on the inside, we in turn act, feel, and present ourselves more beautifully.
3. There isn't a contour kit out there to make you believe you look like a beauty queen when you're harboring sadness, stress, or disappointment.

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4. Being empathetic isn't necessarily a negative thing. It has many positive attributes it as well.
5. I think of it like this: we brush our teeth, shampoo our hair, and exfoliate our skin to remove plaque, dirt, and dead skin. Why wouldn't we practice the same type of cleansing from the inside?
6. At the end of the day, I like to go to bed with clean skin, fresh breath, and a clear conscience.
7. One of the most healing things a woman can do for herself is share what she's going through with another woman.
8. We are not here to go about this life alone. We are meant to share it and experience it with each other.
9. Breathing is the essence of life. It is literally what keeps us alive, but also, it's one of the most powerful tools we have when it comes to affecting our minds and bodies.
10. What we eat and drink truly shows up on our faces. This simple (yet hard to implement all the time) truth continues to astonish me.





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Chapter 4 | Quotes from pages 118-143

1. I didn't believe this was happening. All I knew was that I didn't want to be a part of it.
2. The abusive, inhumane acts so-called civilized people were perpetrating upon innocent animals were incomprehensible.
3. When I started researching the health effects of dairy, it broke my heart to see videos of baby calves being separated from their mothers.
4. As soon as I became vegan, my digestion improved, my skin cleared up like never before, my energy increased, and I felt immensely healthier all around.
5. It completely changed the way I look at the food I choose to put in my body.
6. If you don't transmute your feelings, you transmit them to others.
7. You have to believe when you are in the thick of it that one day the light will come.
8. There is always darkness before the dawn, but the dawn always comes.
9. But this time in a better way.
10. I have bloomed and flowered a thousand times in this lifetime; (even when my roots were damaged) because I let the dying petals fall.

Chapter 5 | Quotes from pages 145-165

1. It's that I'm giving in, really.
2. It's my goal to dress in a way that supports my lifestyle choices.
3. Showing skin is completely healthy, normal, and beautiful.
4. Sometimes we have to dress and act the part before we actually feel it in our bones.
5. It doesn't matter who designed the dress or outfit, it's about the feeling you have



about wearing it.

6. Feeling a bit put together and like less of a slob has a lasting effect on me.

7. If you overthink this stuff it takes the fun out of it.

8. People in general have a tendency to work from what they don't like versus highlighting what they do.

9. Evie gave me the best gift: she taught me to just surrender.

10. I chose to love my body so much more.

Chapter 6 | Quotes from pages 166-189

1. Our bodies hold all our information—the good, the bad, and the ugly.

2. We need to connect: we need our minds and bodies to enter into a conversation.

3. Getting in touch with my body regularly results in moving things out of my body and mind and into my heart.

4. The simplest yet most precise understanding of my truest mind-set is based on how my body reacts.

5. The best way I have learned to combat this feeling is by focusing on strength, not size.

6. Body image truly comes from within.

7. Having an inner strength builds trust between your mind and your body, and that trust has a profound effect on everything in your life.

8. Strength in simplicity... sometimes simple, mindful moments are often better and can even be more effective.

9. Free dancing is incredibly powerful. Instantly, tension escapes your body and your mood is completely changed.

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10. Honor yourself by lovingly and gracefully speaking your truth.

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Chapter 7 | Quotes from pages 190-206

1. In this business, everything is constantly switching gears.
2. I've learned to expect and accept a shuffle in our already crazy schedule.
3. You've got to be prepared to roll with the rejection, not only in work, but in life.
4. All in all, it always works out the way it is supposed to.
5. Walking into my dressing room... got me through what would otherwise have been a much lower point in my life.
6. Every single day I had no choice but to believe in myself.
7. Why not create an environment that encourages you to be the best you?
8. Go for it! You never know what the next opportunity will bring you.
9. Surrender your ideas of how it all should look and follow what lights you up.
10. I will tell her to be herself; and then anything she wants will float beautifully towards her.

Chapter 8 | Quotes from pages 207-224

1. Becoming a mother is the best, most fulfilling, most beautiful thing that has ever happened to me.
2. I became focused and charged with purpose.
3. I want my daughter to feel confident in expressing her strong opinions, even as a five-year-old.
4. Knowing and liking the person we are helps us make better decisions, establish relationships, and feel good overall.
5. The respect goes both ways.



6. Play is the way kids connect with adults.
7. I feel it's important for kids to have the opportunity to be carefree.
8. I always want Everly to ask herself, others, and the universe why?
9. I love the idea of her believing in a certain mystical, magical way of life.
10. Your own gut instinct is almost always right.

Chapter 9 | Quotes from pages 225-245

1. To say I've learned a thing or two in the past year would be the understatement of my life.
2. I knew it wouldn't be pretty or perfect in any way, no matter what I did or didn't do.
3. Facing your pain means moving into a more candid place of being.
4. I couldn't fly above or dig below the darkness this time around. The only way was to go right through the tunnel in order to get to the light.
5. I found a bigger, more expanded part of myself along with a new basis for life.
6. I realized I could view every hardship as an opportunity to learn about myself.
7. Grace is an ever-present force we can tap into when we need it.
8. Imagine how much kinder the world would be if everyone chose to be the grace in someone else's day.
9. Choosing grace as I learned everything about my personal situation along with the rest of the world was really difficult.
10. The universe is brimming with signs. All we have to do is keep an open heart and an open mind in order to see and receive them.





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Gracefully You Discussion Questions

Chapter 1 | live awake | Q&A

1.Question:

What does Jenna Dewan emphasize as the most crucial part of her daily routine in Chapter 1, and why is it significant?

Jenna Dewan emphasizes the importance of setting daily intentions as a crucial part of her routine. This practice is significant because it allows her to honor her desires and stay accountable to her goals. By setting an intention, Dewan focuses on how she wants to feel throughout the day rather than on specific outcomes, which gives her the power to approach situations positively, regardless of unexpected events or disappointments. This mindset shift has profoundly transformed her life, demonstrating that while we cannot control external circumstances, we can control our reactions and emotional responses.

2.Question:

How does Dewan illustrate the practice of setting intentions with practical examples?

Dewan illustrates the practice of setting intentions by providing relatable examples from her life. For instance, she might resolve, 'Today I intend to feel confident' or 'I intend to feel accomplished,' which influences her choices throughout the day. She details scenarios where decisions must be made—such as choosing between attending a happy hour or a work meeting—where reflecting on her intentions helps her align her actions with her desired feelings. This approach not only enhances her sense of purpose



but allows her to maintain a clear connection with her goals despite life's unpredictability.

3.Question:

What methods does Dewan use to connect with herself and set her intentions, and what benefits does she describe for these practices?

Dewan reports using several methods to connect with herself and set her intentions, which include meditation during her morning shower, using oracle cards for daily guidance, and nourishing her body with a nutritious smoothie. Each practice offers distinct benefits: meditation helps her start the day with a clear mind and intention, oracle cards provide insight and inspiration, and the smoothie serves as a healthful boost that reinforces her commitment to self-care. Collectively, these practices foster a stronger connection to the present moment and contribute positively to her overall well-being.

4.Question:

How does Jenna Dewan approach the concept of control in her life, according to Chapter 1?

In Chapter 1, Dewan addresses the concept of control by acknowledging that while we cannot control external events, we can control our internal responses and feelings. She emphasizes that setting intentions helps reclaim personal agency, asserting that individuals can influence their emotional landscape instead of reacting passively to situational outcomes. This understanding empowers her to navigate disappointments with grace,



ultimately teaching her that the responsibility for her emotional state lies in her hands, which can lead to significant personal growth and fulfillment.

5.Question:

What specific practices does Dewan recommend for her readers to create a more intentional daily routine?

Dewan recommends several specific practices for her readers to create a more intentional daily routine, including: 1. **Morning Meditation**:

Taking a brief period, even in the shower, to meditate and focus on breath to set a calm tone for the day. 2. **Daily Intentions**: Choosing a feeling to cultivate throughout the day, such as 'strong,' 'confident,' or 'accomplished.'

3. **Using Oracle Cards**: Engaging with oracle cards for daily guidance to foster introspection and clarity. 4. **Healthy Nutrition**: Preparing and consuming a nourishing smoothie, highlighting the importance of good nutrition for energy and well-being. 5. **Mindful Flexibility**: Being adaptable and reassessing priorities when unexpected situations arise, ensuring that intentions align with daily actions. These practices, she notes, can help establish a positive foundation for facing daily challenges.

Chapter 2 | sacred space | Q&A

1.Question:

What does Jenna Dewan prioritize when decorating her home, and how does this reflect her personal values?

Jenna prioritizes creating a comfortable and inviting space where people can come

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together and relax. Instead of aiming for a perfect and museum-like atmosphere, she emphasizes the importance of every room feeling lived in and personal. This reflects her values of comfort, accessibility, and the significance of personal expression through her home décor. She wants her home to embody a sense of lightness, love, and peace rather than just aesthetic appeal. Dewan believes that a home should be a true reflection of one's energy and style.

2.Question:

How does Jenna's fashion sense influence her interior design choices?

Jenna's fashion sense is described as a mix of hippie and classic styles, which translates into her home décor. She gravitates towards comfortable, feminine pieces and employs mixed textures to create a laid-back atmosphere in her home. The bohemian aspects are balanced by clean lines and elevated taste, mirroring her personal style. This blending underscores her desire for her home to reflect her personality while ensuring it remains comfortable and inviting.

3.Question:

What significance do personal objects and sentimental items hold for Jenna, and how do they impact the atmosphere of her home?

Personal objects and sentimental items are crucial for Jenna, as they transform a house into a home filled with meaning and warmth. She highlights items like her grandmother's tea set and treasures from her travels that tell stories and evoke emotions. These unique pieces provide a sense of connection to her past and family, making her living space deeply personal.



This approach fosters an environment that is not just visually appealing, but emotionally resonant, contributing to the overall energy of comfort and belonging.

4.Question:

What are Jenna's thoughts on clutter and organization within her home?

Jenna acknowledges that she is not naturally organized; however, she actively works to maintain an orderly space through regular purges and decluttering. She follows principles similar to Marie Kondo's method, believing that keeping only items that bring joy is essential for both mental clarity and emotional well-being. By routinely clearing out things that no longer serve a purpose or add to the positive energy of her home, she creates a healthier, more peaceful living environment.

5.Question:

How does Jenna incorporate spiritual practices into her home and daily life?

Jenna incorporates spirituality into her home through objects like crystals, meaningful statues, and by creating a sacred space for meditation and reflection. She believes these elements heighten the positive energy in her home and support her spiritual practices. Jenna discusses her rituals, including setting intentions with candles, using crystals for healing, and having a sacred area where she connects to her mental and emotional well-being. This spiritual aspect enhances her approach to creating a



nurturing and harmonious home environment.

Chapter 3 | inner beauty rituals | Q&A

1.Question:

What is the relationship between inner beauty and outer beauty as presented in this chapter?

In Chapter 3, Jenna Dewan emphasizes that inner beauty significantly influences outer beauty. She believes that when an individual feels beautiful and positive on the inside, it enhances their outward appearance and demeanor. Conversely, if one is experiencing negative emotions such as sadness, stress, or anxiety, it becomes difficult to project a sense of beauty, regardless of external grooming or makeup efforts. Jenna argues that feelings of discontent can overshadow one's ability to appreciate their physical appearance, making them feel unattractive regardless of how curated their look might be.

2.Question:

How does Jenna describe her experience as an empath, and what challenges does she face due to this trait?

Jenna describes herself as a hard-core empath, which means she tends to absorb the emotions and energies of others rather than just sympathizing with them. This trait poses a challenge for her; when she encounters someone who is upset or stressed, she can take on their feelings as if they were her own, leading to feelings of heaviness or sadness. She notes that this impact can linger even after the interaction, causing her emotional strain. However, Jenna also recognizes the positive aspects of being an

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empath, such as her ability to provide compassion and insightful advice to others. To manage the emotional burden, she has learned to create healthy boundaries and practice self-care rituals.

3.Question:

What does Jenna mean by 'spiritual hygiene,' and why does she consider it important?

Jenna introduces the concept of 'spiritual hygiene' as a necessary practice for maintaining emotional and spiritual well-being, similarly to maintaining physical hygiene. She believes that negative emotions and stress can accumulate in the body, leading to various issues such as illness, fatigue, and mental distress. To combat this, Jenna advocates for regular self-care practices that cleanse and purify the spirit, which includes rituals such as visualization, breathwork, and self-reflection. By regularly engaging in spiritual hygiene, she feels more emotionally clear and rejuvenated, which in turn enhances her inner beauty and overall well-being.

4.Question:

What are the key components of Jenna's recommended 'at-home plant bath,' and what benefits does she associate with it?

Jenna's at-home plant bath consists of a combination of Dead Sea salt or Epsom salt, essential oils (like lavender), and conditioning oils (like coconut or argan oil). She encourages the use of a generous amount of salt for its purifying qualities while also incorporating oils for moisture to prevent dryness. The practice involves soaking in this blend, ideally while focusing

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on letting go of negative energy and emotional burdens. Jenna associates this ritual with a feeling of renewal and emotional release, likening the experience to a rebirth. It is a way for her to cleanse herself of the day's stresses and feel grounded and peaceful.

5.Question:

What role do 'Goddess Circles' play in Jenna's life, and how does she recommend hosting such gatherings?

Goddess Circles are gatherings that Jenna describes as healing experiences for women, where they can share their personal journeys in a supportive environment. These circles foster deep conversations about life, emotions, and spiritual growth, creating a sense of community and connection among the participants. To host a successful Goddess Circle, Jenna suggests gathering open-hearted friends, setting up a comfortable atmosphere, providing refreshments, and encouraging participants to share their stories in a meaningful way. She emphasizes that these gatherings should focus on inner growth and be a safe space for vulnerability, laughter, and support among women.





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Chapter 4 | plant life | Q&A

1.Question:

What experiences influenced Jenna Dewan's decision to adopt a vegetarian and then a vegan lifestyle?

From a young age, Jenna Dewan was disturbed by the idea of consuming meat, often questioning whether her food had once had parents. Her strong reaction to a documentary about slaughterhouses during her preteen years deepened her empathy for animals and led her to declare herself a vegetarian. Despite learning about nutrition, she predominantly ate carbs during her teen years, leading to health issues that prompted her to eliminate dairy entirely after realizing its negative effects on her body. This combination of ethical beliefs and health concerns ultimately steered her towards veganism, which she found significantly improved her overall well-being.

2.Question:

How did Jenna's approach to nutrition evolve after meeting Kimberly Snyder?

Meeting nutritionist Kimberly Snyder was a turning point for Jenna's approach to nutrition. Unlike her previous experiences, she fully embraced Snyder's advice, which encompassed healthier eating practices such as incorporating better grains, protein-packed beans, and proper food combinations. This knowledge not only enhanced Jenna's understanding of a healthy vegan diet but also improved how she felt physically. The Glowing Green Smoothie became a staple in her daily routine, indicating the lasting impact Snyder's guidance had on her lifestyle.

3.Question:

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What parenting strategies does Jenna Dewan mention regarding raising her daughter, Everly, with a healthy diet?

Jenna Dewan emphasizes leading by example rather than forcing her beliefs on Everly. She has introduced her daughter to healthy options, starting with vegetables like steamed zucchini, which Everly has enjoyed since she was eight months old. Jenna keeps healthy snacks available and allows occasional indulgences like ice cream, promoting a balanced approach to eating. She acknowledges that as Everly grows, peer influence will play a role in her dietary choices, so Jenna has learned to relax her rigid expectations and hope that her daughter continues to enjoy healthy foods.

4.Question:

Jenna discusses emotional healing in the chapter. What practices does she suggest for coping with heartbreak?

Jenna Tsuggests several practices for coping with heartbreak, including the importance of acknowledging emotions and doing the necessary work to heal. She recommends seeking therapy, engaging in breathwork, meditating, spending time in nature, and having supportive conversations with friends. These practices help individuals process their feelings instead of projecting them onto others. She emphasizes that healing is a gradual process and encourages readers to accept their emotions, as this is essential for moving forward and becoming a stronger person after trauma.

5.Question:

What role does holy basil play in Jenna Dewan's approach to emotional



wellness, and how does she incorporate it?

Holy basil is highlighted as a powerful herb in Jenna's emotional wellness toolkit. She explains that it can help reduce cortisol levels, alleviating anxiety and stress related to difficult emotions. Jenna incorporates holy basil into her routine by consuming it as a supplement or drinking it as tea. She believes in the healing properties it offers, especially when combined with other elements focused on emotional healing. This holistic approach reflects her commitment to nurturing both her physical and emotional health.

Chapter 5 | plant life | Q&A

1.Question:

What does Jenna Dewan mean by going through an 'extra' phase in her fashion choices?

In Chapter 5, Jenna describes her early fashion choices as 'extra,' characterized by heavy makeup and flamboyant clothing, such as a pink off-the-shoulder ruffle blouse and excessively curled eyelashes adorned with glitter. She suggests that this 'extra' phase is common among young women who, after being somewhat suppressed in their youth regarding self-expression, embrace a more flamboyant style as adults. She reflects on how this phase played a significant role in her journey to finding her authentic self and personal style.

2.Question:

How does Jenna's style evolve throughout the chapter?

Jenna discusses her style evolution from her initial 'extra' fashion choices to a more



toned-down and streamlined aesthetic. She describes her current style as embodying a California beach vibe, favoring comfort and simplicity over needlessly complicated outfits. She identifies her clothing style as a mix of hippie, classic, and sensual, which aligns more closely with her personality. This evolution is also a representation of her desire to express her true self rather than trying to conform to external expectations.

3.Question:

What insight does Jenna gain about how her style choices reflect her lifestyle?

Jenna emphasizes that her clothing choices should support her lifestyle, which values ease and flow. She prefers outfits that allow for a quick transition from day to night, advocating for practicality without compromising style. For example, she enjoys wearing jeans and a T-shirt during the day and easily transitioning to a more polished look for evening engagements. She articulates that dressing with grace means not having to stress over outfits, which aligns with her go-with-the-flow personality.

4.Question:

How does Jenna approach dressing for events compared to her day-to-day style?

Jenna highlights a distinct difference between her everyday style and how she dresses for special events. For daily wear, she opts for low-maintenance, comfortable clothing emphasizing practicality. However, for events, she allows herself the luxury of spending extra time to prepare and chooses outfits that incorporate glamour and a 'wow' factor. She actively seeks pieces



that are high-maintenance and showcase her femininity, reflecting both her personal style and her experience growing up in dance.

5.Question:

What lesson does Jenna learn about confidence and authenticity in her fashion choices?

Jenna learns the importance of trusting her instincts when it comes to fashion. She recounts experiences where she accepted stylistic choices that didn't resonate with her personal style, resulting in regret. This led to a revelation: feeling comfortable and confident in what you wear should take precedence over designer labels or societal expectations. By embracing her true self and being proud of her body, she discovers that authenticity in fashion contributes to her overall confidence and enjoyment of life.

Chapter 6 | body work | Q&A

1.Question:

What does Jenna Dewan emphasize about the connection between body and mind in Chapter 6?

Jenna Dewan emphasizes that there is a crucial connection between the mind and the body that has been neglected in today's technology-driven world. She argues that while technology can engage our minds, it often disconnects us from our bodies. This disconnect can lead to negative physical and emotional consequences. Dewan advocates for daily practices that foster this connection, stating that engaging with one's body, through movement or simple awareness, helps to achieve clarity and confidence. She



shares personal anecdotes about how movement has positively impacted her decision-making and emotional clarity.

2.Question:

How does Jenna Dewan relate her childhood experiences with body image to her current understanding of self-acceptance?

Jenna recounts her childhood where she was criticized for being too skinny, which instilled insecurities regarding her body. However, her mother taught her to embrace her natural body type and to focus on making healthy choices rather than conforming to others' perceptions. This early lesson helped build her confidence. Later in college, as she gained weight and felt insecure about her body again, she recognized that insecurity doesn't only come with being underweight but can also arise from societal pressures and body image standards. Ultimately, Dewan reflects on the importance of loving one's unique body and fostering an inner strength that guides self-acceptance.

3.Question:

What practices does Dewan suggest to enhance the body-mind connection, and how does she explain their benefits?

Dewan suggests several practices to enhance the body-mind connection including free dancing, yoga, and grounding poses. She notes that engaging in physical activities allows us to release tension, boost mood, and gain clarity in decision-making. For example, she mentions how moving her body through dance helps her process emotions and provides insights that she might overlook when just thinking analytically. Grounding poses are also



highlighted for their ability to center the mind and body, making it easier to handle stress and emotional challenges. These practices help individuals tap into their feelings and make decisions that align more closely with their true selves.

4.Question:

How does Jenna Dewan address the influence of social media on body image and self-esteem in Chapter 6?

Jenna discusses the pervasive influence of social media on body image, pointing out that it has heightened pressures for women to conform to certain beauty standards. She notes how easy it is to manipulate images and how this misrepresentation can negatively affect self-esteem. Dewan emphasizes that while historical comparisons to magazine images were misleading due to Photoshop, social media's real-time alterations create a constant stream of unrealistic body types. She argues that rather than focusing on comparisons, women should prioritize inner strength and health, aiming to build self-love rather than self-criticism. This shift in focus helps combat negative feelings born from societal and peer pressures.

5.Question:

What insights does Dewan provide about decision-making and how body awareness plays a role in this process?

Jenna Dewan shares personal insights on decision-making by illustrating how she utilizes her body's reactions to guide her choices. Instead of solely relying on mental calculations, she describes listening to her body's physical



signals—such as tension or excitement—in response to potential decisions. For instance, if the thought of an opportunity causes discomfort, she interprets it as a sign to reconsider. She also discusses a technique involving flipping a coin to gauge feelings about a decision, suggesting that one should notice their reaction to the outcome of the flip for further clarity. This approach emphasizes that our bodies can provide valuable information about our true desires and help navigate life's complex choices.

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Chapter 7 | mind your business | Q&A

1.Question:

What does Jenna Dewan mean by 'feast or famine' in the entertainment industry?

Jenna Dewan describes the nature of working in Hollywood as 'feast or famine,' indicating that actors often experience cycles of extreme busyness when they are booked on projects, followed by periods of struggle when they may find it difficult to secure work. This unpredictability demands flexibility, as schedules and plans can change at a moment's notice due to various production factors.

2.Question:

How did Jenna navigate her dual roles as an actress and a mother during filming?

Jenna shares the challenges of balancing her responsibilities as a mother with her demanding schedule as an actress. During the filming of 'The Resident,' changes to her filming schedule required her to quickly adapt her personal plans for her daughter, Evie. She emphasizes that her daughter always comes first and that over time, she has learned to expect and manage such unpredictability in her professional life.

3.Question:

What major lesson did Jenna learn from her experience filming 'Take the Lead'?

Jenna reflects on her disappointment after discovering that her significant role in 'Take the Lead' was severely diminished in the final cut of the film. This experience taught her to accept that sometimes outcomes are out of her control and encouraged her to not take such disappointments personally. She learned the value of resilience, understanding that rejection is a part of the industry and that something better may

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come along later.

4.Question:

How did Jenna's experience with her audition for 'Step Up' shape her understanding of persistence?

Jenna's audition journey for 'Step Up' was fraught with challenges, including confusion over the audition scene and changing her look multiple times to fit the producers' vision. Despite feeling discouraged, she persevered, which ultimately led to her landing the role of Nora. This reinforced the notion that persistence, coupled with self-belief, is essential in overcoming obstacles and achieving success.

5.Question:

What is the significance of creating a 'rider' for oneself in the entertainment industry, according to Jenna?

Jenna explains that a 'rider' consists of specific requests made by talent to ensure they have a comfortable and conducive working environment. Initially hesitant, she learned the importance of articulating her needs for personal comfort, which included items that help her feel grounded and focused while working. This practice underscores the idea that everyone should seek to create supportive environments that enable them to perform their best, regardless of the industry.

Chapter 8 | little goddesses | Q&A

1.Question:

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What inspired Jenna Dewan's desire to raise a large family?

Jenna Dewan expresses that her desire for a large family stems from her experience as an only child and the constant moving during her upbringing. She craved the opposite of her childhood – a sense of rootedness and a vibrant household filled with the chaos of kids, friends, and family. This longing for a joyful family environment was a significant part of her vision for her future.

2.Question:

How has becoming a mother transformed Jenna's priorities and sense of self?

Becoming a mother has profoundly transformed Jenna's priorities, filling her with a sense of purpose and focus that shifted her away from her ego. She describes the experience as the 'best, most fulfilling, most beautiful' aspect of her life, signifying a deep connection and a shared agreement with her daughter, Everly. This experience has opened her heart, changing her view of what is truly significant in life.

3.Question:

What strategies does Jenna use to foster self-confidence in her daughter, Everly?

Jenna emphasizes the importance of self-confidence in children, particularly in her daughter, Everly. She aims to foster this by allowing Everly to express her strong opinions and individuality without trying to mold her into another version of herself. Jenna listens to Everly, connects with her emotionally,



and creates environments where Everly can explore her creativity, whether through dance or art, encouraging her to have fun and embrace her strengths.

4.Question:

How does Jenna manage transitions and routines to support her daughter's emotional needs?

Jenna has developed a routine where she takes time to connect with Everly before transitioning to activities like dinner. Instead of abruptly shifting gears, she engages in a brief, playful interaction to ensure that Everly feels understood and respected. This approach helps to ease transitions and makes them feel more natural rather than forceful, reinforcing their bond and promoting emotional security.

5.Question:

What lessons has Jenna learned about parenting and self-trust from her experiences?

Jenna has learned that there is no singular correct way to parent and that listening to one's own instincts is crucial. Through guidance from her doula, she has come to understand the importance of trusting herself, especially during challenging parenting moments. She emphasizes that her own values and the love she provides are sufficient, encouraging a belief in her ability to be the mother Everly needs, through various parenting milestones and challenges.

Chapter 9 | gracefully you | Q&A

1.Question:

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What major life change did Jenna Dewan discuss in Chapter 9, and how did it affect her understanding of grace?

Jenna Dewan discussed her divorce, which was a significant life change that occurred in the public eye. This experience taught her the true meaning of strength, resilience, and grace as she navigated the emotional hurdles of separation. Dewan realized that as difficult as the process was, it offered her an opportunity to grow both personally and spiritually. Instead of running from her pain, she chose to confront it, aiming to remain authentic to her beliefs about empowerment and positivity, ultimately leading her to a deeper understanding of grace.

2.Question:

How did Jenna approach her feelings of pain and sadness during her separation?

Rather than distracting herself or escaping her feelings, Jenna decided to confront her pain head-on. She honored her emotions by allowing herself to cry, scream, and acknowledge her sadness. This process meant sitting alone with her grief and working through her feelings as they emerged. Jenna learned that true growth comes from facing challenges directly, and she emphasized the importance of processing emotions rather than burying them. She recognized that this was necessary in order to truly heal and find her inner strength.

3.Question:

What did Jenna mean by saying that grace is like a muscle, and how



does this concept apply to her experience?

Jenna described grace as a muscle that becomes stronger the more it's used. In her case, as she faced the challenges of her divorce and the public scrutiny that accompanied it, she made a conscious effort to act with grace despite her feelings of anger and hurt. By practicing grace daily and reminding herself not to react impulsively, she built resilience and a higher level of emotional strength. This practice enabled her to respond thoughtfully to situations rather than letting fear or hurt dictate her actions.

4.Question:

What role did social media play in Jenna's handling of her divorce and public scrutiny?

Social media presented a challenge for Jenna during her divorce as it amplified the public's interest and speculation about her personal life. She felt the pressure to react to online comments and rumors, which often resulted in the temptation to lash out. However, Jenna implemented a strategy of restraint by writing and saving her thoughts before deciding not to post them publicly, acknowledging the permanence of online interactions. She aimed to choose words that she would be comfortable with her daughter reading in the future, emphasizing the importance of thoughtful communication.

5.Question:

How did Jenna's interaction with Channing's ex-girlfriend influence her understanding of grace?



Jenna's unexpected encounter with Channing's ex-girlfriend, Erica, profoundly impacted her understanding of grace. Despite the potential for tension, Erica greeted Jenna warmly, demonstrating kindness and composure. This interaction highlighted for Jenna the power of choosing grace over hostility, reinforcing the idea that grace can improve difficult situations and foster positive connections. It served as a reminder that even in challenging circumstances, one can choose to act with love and respect, elevating the emotional maturity of both parties involved.

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The Concept



This book donation activity is rolling out together with Books For Africa. We release this project because we share the same belief as BFA: For many children in Africa, the gift of books truly is a gift of hope.

The Rule



Earn 100 points



Redeem a book



Donate to Africa

Your learning not only brings knowledge but also allows you to earn points for charitable causes! For every 100 points you earn, a book will be donated to Africa.

Free Trial with Bookey

