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have a skin issue like acne, rosacea, melasma, eczema, or psoriasis? Whether it starts in adolescence or comes later, there's a whole array of challenges that accompany these skin conditions.

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the double meaning of the title. Loving your skin begins by not wasting psychic energy feeling bad about skin problems. But with everyone and everything we care about, loving becomes more about doing than feeling. This is a very practical book about being there for your skin.

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But the process is also about you laying here on the table screaming, albeit with tiny needles in your face, “I’m a hot tamale!”. When you embrace your physical form, or at the very least find one thing to make your SUPERPOWER, then you give other people permission to also love the skin they’re in.

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