

Just Bee You

A guide to surviving the best bits of life,
and holding your middle finger up to the rest

By
Bindy Hall

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Dedication.

To the three best people I ever met...

Nathan, Bessie and Bailey xxxx

About The Author.



Bindy Hall B.Sc is a graduate in the fields of psychology and counselling. An avid writer since a very young age- she began her writing career in crayon. Making and handing out homemade books bound in sticky tape to whoever was in her vicinity.

A prolific and repeat swearer, she describes herself as a mixture of sarcasm, hair and empathy, in equal measure. She is a mother of two and wife of one, and is happiest at home and writing.

She wrote 'Just Bee You' in response to the eclectic mix of worries of people around her.

“My thing in life, is to try to help others see their worth. If I can encourage positivity, vanquish a worry or two and improve confidence for just one reader, then sitting up all night writing, heavily caffeinated, cross-legged on my landing- will have been worth it”.

Reviews.

“Bindy has a knack of taking my breath away with her work. It’s like she knows exactly what makes us tick! My favourite piece is *B is for beautiful* and one particular sentence has stuck with me: *You have an invisible layer of protection, you know this because you make it, every night, when you sleep.* Powerful words, powerful mind, beautiful person.”

- **Clare Johns, Furniture Finisher.**

“Bindy Hall writes pieces that are not only honest, they are relatable. When you read them you smile along, cry at parts, and share the experiences that she is voicing or been of witness too. They enable you to sit back and reflect, think and realise you are not alone and that is why I am a huge fan of her work. Her ability to create witty pieces of writing with a serious undertone is not only clever, it’s inspiring. I am always desperately waiting for the next and I forever will for as long as she graces us with her writing!”

- **Lauren Honebon, Head of Performing Arts- Manchester Enterprise Academy**

“An amazing read, written with honesty and humour making you realise we shouldn’t make excuses for who we are. This book had helped me overcome a few inner insecurities. When I’m feeling fragile I always pick up this book and it heals me every time”

- **Julia Richards ... Boutique sales person**

“What a feast for my eyes, mind and soul. Bindy has a rare gift each piece I read is so honest, raw and true - such a powerful woman.

Just beautifully pure. Thank you”

- **Victoria Hyett, Reception manager NHS**

“Bindy has a unique technique of highlighting real life issues displaying attitude such as swearing - which we all do in real life situations, but this makes me smile and laugh as her writing is factual, witty and a pleasure to read. No sugar-coating life issues, with Bindy it’s the truth. She can hit hard on facts but shows light and humour throughout her work.”

- **Sharon Jones BA (Hons)- Rehabilitation and prevention professional.**

“Real, insightful and emotional with a sharp twist of wit and self-belief, to soften the fabulous delivery of emotive subjects, leaving the reader with a sense of inspiration, empathy and an appreciation of ones self.”

- **Kellie Hooper, Day Service Officer/ Duty Manager for Generic Day Service.**

Foreword.

Hey there!

It's great to meet you. I'd like to introduce you to the author- my amazing, courageous, beautiful, big-haired soul-sister-in-law Bindy Hall.

She has the uncanny ability to “metaphorically kick the seagulls from the rooftops and preach about self worth”.

Her words are sharp and uplifting, with a pleasing garnish of humour and bad language on the side.

This book is her in a nutshell.

Just be you xx

Dobby (Deanne) O'Beirne

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Introduction.

There's enough solidly inspirational and profoundly beautiful literature out there already for your reading pleasure, I won't add to that. Instead I offer you this. I wrote it. I felt compelled to do so because I have a suspicion that, like me, we all worry about and over analyse the same things in life. We are all just anxious meatbags, trying to get along. We all want similar (ish) things. Happiness, family, love, safety, FAME and a metabolism that helpfully speeds up annually on the event of our passing birthdays.

I found this quote a few years ago, it came up as I was scrolling on the internet. It's so beautiful it actually hurts.

"You're a ghost driving a meat coated skeleton, made from stardust. What do you have to be scared of?"

It's deep isn't it? It's basically the theme of this book. It's aim and my intention is to alleviate worries and reassure the reader that we are all the same inside. We ALL relate to the same shit that keeps us awake at night.

I'll be honest... I swear like a trucker, but I sure can write and I have good intentions. And, as the front cover states- it's a guide to surviving the best bits of life and holding our middle fingers up to the rest!

- **Bind**

(Love you Mum!)

B Is For Beautiful.

How many times have you been told you are beautiful? Now, how many times have you shrunk away from the words and felt like they weren't for you? How many times have you been criticised and felt more at ease with this? Why? Why are we more likely to accept that we are flawed than to raise our hands, and say- 'I am beautiful'? Beauty is something we are all in possession of. If you can't find yours, let me help... it's located BEHIND your skin.

If your heart beats and your mind stews, your belly creases when you sit. If your hair grows and your skin protects you... YOU are beautiful! You have survived a shit-tonne of tears and traumas, (yes, shit-tonne is a unit of measurement). You have survived, childhood, heartbreaks, acne, loss, childbirth, (maybe) sleepless nights, interviews, love, marriage, school for 11 years and hangovers from the seventh circle of hell!

If you have overcome life in its many attempts to break or confuse the crap out of you, then I'm here to tell you – you're doing great! Some of us know this and have already plugged into the 'don't hate me cos you ain't me' mentality. Others don't. My mission continues, in space at least, to mentally protect and arm anyone with as much as a teensy-weensy bit of self-doubt, or the kind of confidence that only shows up when the wine does.

Confidence is a muscle, the more you use it the stronger it will become. If you need to rest this 'muscle', imagine every time you go

to sleep at night, your self-esteem rests and renews. When you wake up, wake up fierce and ready. You have an invisible layer of protection, you know this because you make it every night, when you sleep. When you step out into the day, you're untouchable. I'm not trying to create any egotistical monsters here; I don't want you all walking about like peacocks with boners! What I hope happens – is that we recognise our worth in all situations.

So, your jeans don't fit, there's just more of you to love and you're harder to kidnap! You're always late for everything, well... it takes time to turn up awesome! When you feel like you can't carry on, look around, see who's watching. When you feel like you have no purpose – remember, somebody, somewhere is looking to you for direction! Lead from the front! YOU will continue to be epic, just believe in yourself.

Oh, you're not everyone's cup of tea. Good! This means you're doing something right. Admiration can breed jealousy. Take these low-key attempts to knock you off your unicorn as a high-five from the universe. You are winning, enough to get on someone else's tits anyway! Other people's opinions of you belong up their arse. You are you and they can deal with it. I'm trying to create a climate of positive change where we support each other to achieve greatness.

Remember Janet from Accounts? Other nemeses are available, *INSERT NAME HERE*, well – she's not too huggable either! The reason the 'Janets' of the world want to hollow you out and use you as storage space for their lip-wax, is because... drumroll... they

probably recognise a streak of indomitable gold in you that they haven't yet achieved. Let's help them.

Remember your beauty.