



Make Your Mind Up: My Guide to Finding Your Own Style, Life, and Motivation!

Bethany Mota

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From tips on life, love, and everything in between; to original DIYs, recipes, and style hacks; to the incredible story of a girl next door turned Internet sensation, *Make Your Mind Up* is the ultimate guide to rocking your look and ruling your world—from inspirational YouTuber, designer, entrepreneur, and digital influencer, Bethany Mota.

When Bethany first propped her camera on a stack of books and pressed record on her family's handheld camera in 2009, she didn't realize her life was about to change—forever. After uploading her first video to YouTube at just thirteen years old, Bethany quickly became one of the Internet's go-to beauty, style, and lifestyle vloggers. Since then, she has filmed countless room tours and tutorials, traveled the world, experimented with hundreds of DIYs, designed her own clothing line, gone on an international tour, competed on *Dancing with the Stars*, and created health, beauty, and wellness content for multiple platforms.

But before Bethany found her #MotaFam online, life wasn't looking so great: After being intensely bullied in school, the already shy Bethany retreated further into her shell, suffering from crippling anxiety and a lack of self-confidence she just couldn't shake. From growing up on a dairy farm in small-town Los Banos, California, to figuring out how to overcome anxiety and find her voice, to finally breaking out of her shell and learning to forge her own positive path, *Make Your Mind Up* is more than just a heartwarming memoir or lifestyle guide—this is a portrait of Bethany's life, exactly how she lives it.

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