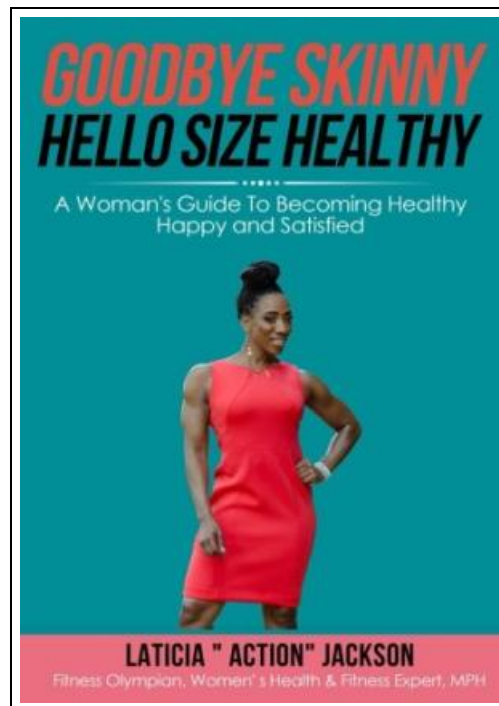


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Close your eyes for a moment and imagine a world where women of all shapes and sizes were taught to love themselves and were empowered to take care of their bodies. Now open your eyes to the hundreds of daily beauty and fashion advertisements that subliminally tell women they re the wrong size. These over powering messages have been around for years and continue to affect women s self-esteem. According to research from the American Psychological Association, 80 of women are dissatisfied with their bodies. This statistic is alarming and it s time for women to take back their self-esteem, say goodbye to forcing their body to becoming a size it was never created to become and reach a state of personal satisfaction that s not associated with numbers on a scale! In essence it is time for all women to realize that becoming a size healthy is the best size to become! Therefore if you re ready to make positive changes towards seeing yourself and your body in a more positive manner, this book is just for YOU! There s no skinny shaming in this movement, just healthy living for all women! Throughout the following pages, Fitness Olympian, 3-Time National Physique Committee Fitness Champion (NPC), In Weekly s Best Personal Trainer on The Gulf Coast 2016 and Women s Health and Fitness Expert Laticia Action Jackson will help you to discover the following: How To Love Your Body From The Inside Out Why Negative Self-Talk Is Destructive How Your Personal Beliefs About Your Body Affect Your Life How To Identify Your Body Type and How It Responds To Exercise How To Set Realistic Yet Challenging Fitness and Weight Loss Goals Fun...



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