



Fifty-Two Ways to Love Your Body

By Kimber Simpkins

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Fifty-Two Ways to Love Your Body, Kimber Simpkins, Do you look in the mirror and see all the things you dislike about your body? For many of us, the first step to loving our bodies is being able to look at our reflection and not criticize what we see. And in a culture that worships thin, beautiful celebrities, it's easy to feel like we just don't measure up. So, how can you get over your flaws and focus on your fabulous? 52 Reasons to Love Your Body is packed with easy and fun practices-one for each week of the year-to help you toss perfectionism out the window, turn down the volume on that nagging inner critic who is always going on about what's wrong, stop the never-ending comparison game, and finally love your body. You'll also find encouraging, in-the-moment affirmations to keep negative self-talk at bay, and give you a much-needed pick me-up, any time, any place. If you're ready to start loving your body, this book gives you 52 reasons to get started now. So, what are you waiting for?.



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Reviews

Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.

-- **Alphonso Beahan**

A must buy book if you need to adding benefit. This is for anyone who statte that there had not been a well worth reading through. Its been designed in an exceptionally straightforward way which is simply right after i finished reading this book where basically changed me, change the way i think.

-- **Adrien Robel**