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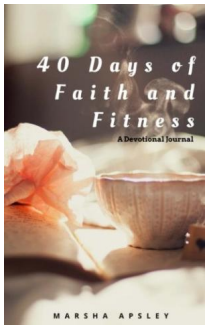

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tired of avoiding your reflection in the mirror? Feel like you re never going to break free from this struggle to lose weight? Poor body image and weight loss struggles plague women of all ages. Whether we re actually overweight or not, there s an ongoing struggle to feel comfortable in our bodies. We feel like we need to do more...

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- Authored by Marsha Apsley
- Released at 2017

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