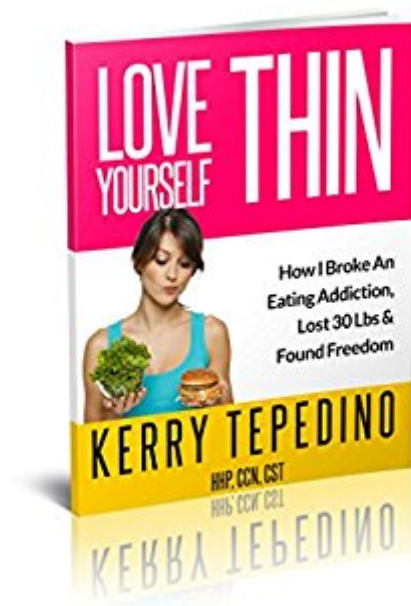


The book was found

Love Yourself Thin: How I Broke An Eating Addiction, Lost 30 Lbs & Found Freedom



Synopsis

Kerry Tepedino recovered from a painful past of bulimia and a body image disorder. She is now dedicated to empowering women who also struggle with a dysfunctional relationship to food and eating, that stems from an issue of low self-worth and value. She is the author of "Love Yourself Thin: How I Broke An Eating Addiction, Lost 30 lbs, and Found Freedom" (2016), which maps out the very process she took to heal her body, mind and heart. This is a self-help book based on the exact concepts that helped Kerry and thousands of other women recover worldwide.

Book Information

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Customer Reviews

Literally, all this book is is a cover and a page that says, "this is my book Love Yourself Thin". Do not buy this. I can't even give it one star for its sentence.

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