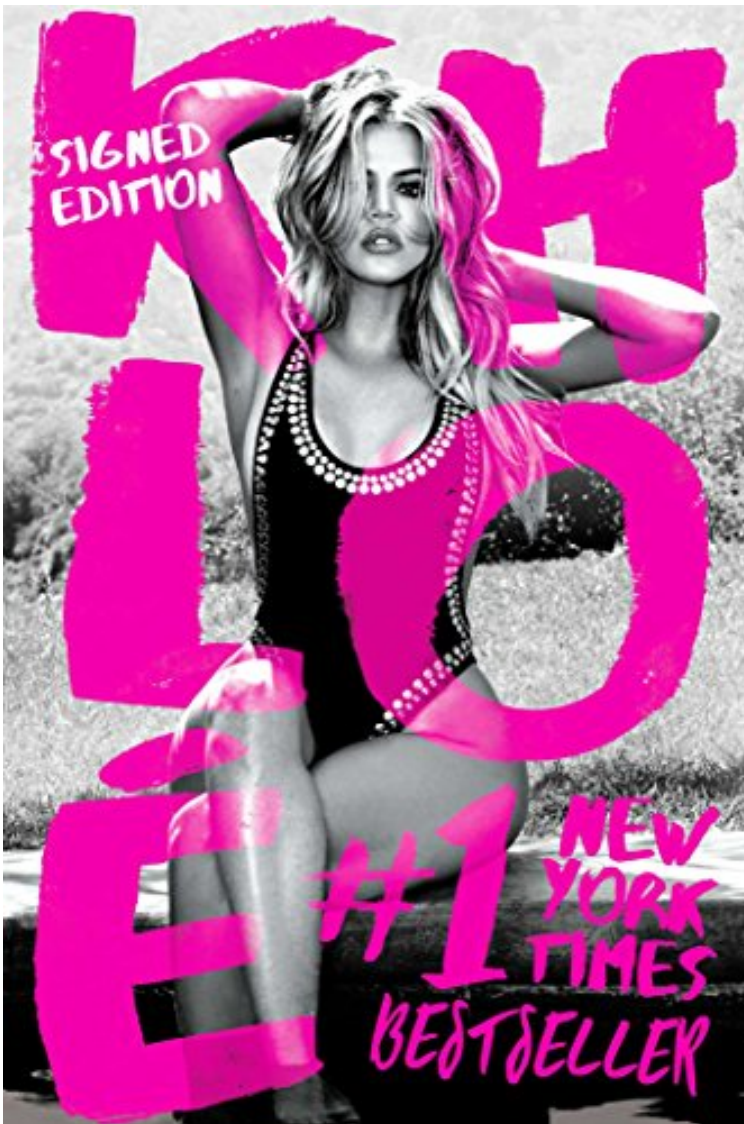


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# Strong Looks Better Naked (English Edition)



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perfect. CosmopolitanStunning. Basically anything and everything you'd ever want to know from the 31-year-old. InStyleHer latest work will motivate you physically, spiritually, mentally and emotionally. E OnlineThe book is part memoir, part self-help, and part diet-and-exercise guide. And all of it is very Khloe . . .self-deprecating, candid, sincere, and vulnerable. Refinery29A Body-Image Victory. The FriskyPresentation de l'diteurTHE ONLY OFFICIAL KHLOKARDASHIAN BOOK There is no such thing as perfect. Nobody attains perfection. But if you keep trying, you grow and evolve, and to me that's the point: To be a better person today than I was yesterday; to become the best possible version of myself.KHLO KARDASHIANKhlo Kardashian shares her secrets for finding strength of body, mind, and heart with revelatory stories of her own struggles with weight, relationships, and her self-image. In a culture that worships skinny, Kardashian writes with passion about the power of strength: a strong body lays the foundation for a strong mind, which leads to strength of heart, character, and ultimately spirit.Filled with practical advice, recipes, and compelling personal anecdotes,Strong Looks Better Nakedis an inspiring meditation on how to create strength, confidence, and true beauty in every facet of your life.