

Change How You See, Not How You Look: Power Tools for Celebrating Your Body

J. Alison Hilber



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Change How You See, Not How You Look: Power Tools for Celebrating Your Body J. Alison Hilber This is a book about choices and the tools to help women make the ones that suit our own higher purpose, no matter what we look like. It's a process toward self-love and acceptance just as we are.

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