



Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently

Sarah Maria

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Eating disorders. Steroids. Plastic Surgery.

We'll do anything to look better—and yet we still feel bad about how we look. Self-loathing has reached epidemic proportions. But there is a way to end self-destructive thoughts and behavior. In this book, noted body-image expert Sarah Maria presents her proven five-step plan anyone can use to overcome negative body obsession (NBO). She helps you:

- Commit to change
- Identify and detach from negative thoughts
- Discover who you really are
- Befriend your body
- Find your purpose
- Love your body, love your life

Complete with exercises, case studies, and testimonials, you can learn how to stop obsessing over food and your body and achieve permanent peace with both. You'll banish NBO forever, and feel healthy, radiant, beautiful, and desirable—every day!

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Kellie Smith:

Is it a person who having spare time and then spend it whole day by simply watching television programs or just lying down on the bed? Do you need something new? This Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently can be the solution, oh how comes? It's a book you know. You are therefore out of date, spending your extra time by reading in this new era is common not a geek activity. So what these textbooks have than the others?

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