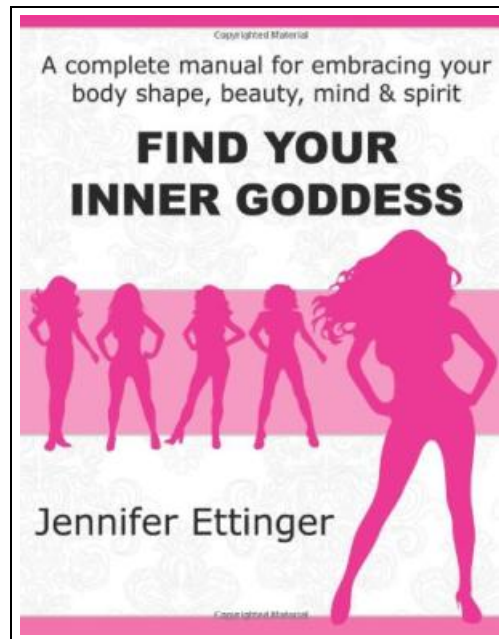


Find Your Inner Goddess



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Reviews

It is one of the best pdf. It is written in straightforward words and never difficult to understand. It has been designed in an extremely straightforward way and it is just following it finished reading this book through which basically modified me, affect the way i believe. (Deonte Abbott III)

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Find Your Inner Goddess, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: A 12 week interactive journey-workbook to guide you every step of the way. Finally embrace your body shape, enhance your beauty and adapt a more positive mindset! It is not about what size you wear or what body shape you have, it is about HEALTH, HAPPINESS & CONFIDENCE. Today is THE day. YOUR day for change! Is this you? You are motivated to finally take action, but you are not sure where or how to begin or what you should do first. Have you ever said to yourself 'If only I could LOVE my body shape and keep the weight off this time. If only I would not starve myself and not be so tired. I wish I knew what foods were good for my skin. I would like to stop being so negative about my appearance and learn to dress for my real body shape. I would like to learn easy make-up artistry for my color & type of eyes! If this sounds like you, this is the book for you! Find your Inner Goddess provides all that you need: Do It Yourself Fitness Evaluation Provides Easy Color Charts and Journaling to Follow Your Progress Body Shaping Custom Workouts "Beauty Boosting" Foods & Recipes Goddess Inspiration and Motivation Learn what clothing "Fits Your Style" and what is "Not Your Style" Easy to Adapt Make-Up Artistry Learn to Identify Your Skin Tone About the Author: Since 2006 when Jennifer Ettinger founded Fit Your Style(r), she has been dedicated to helping women reclaim and harmonize their lives in the areas of body, beauty, mind and spirit. Jennifer reclaimed her own life after being diagnosed with Chronic Fatigue Syndrome, relying on healthy eating, exercise and meditation, and she wants to share her experience with others for their best health, wellness and happiness. Fit...



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