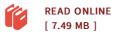




Healthy Is the New Skinny: Your Guide to a Healthy Body Image in a Picture-Perfect World (Paperback)

By Katie H. Willcox

Hay House UK Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. We live in a world where beauty is everything. Society tells us that if we just looked a certain way, if we had the right products, if we were skinny enough, then we would be enough - we would have value. Society is wrong, but it took Katie H. Willcox years to understand this: Over the course of my 30 short years, I have both worked as a professional model and been the exact opposite of our culture s beauty ideal. I have struggled with my weight and felt like I didn t and never would fit in. Then I had a powerful realization: my misery and self-loathing didn t change with my weight or how pretty society thought I was, so my looks weren t the source of happiness and worth that I had believed them to be. But then, what was? And how had I come to invest so much of myself in beliefs that were so untrue? In these pages, Katie shares the lessons she learned in her journey to find the answers to these questions. She reveals who gains from...



Reviews

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-- Ewell Rempel

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Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****. This isn t porn. Everyone always asks and some of our family thinks it is for sure. but it s not....