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## Healthy Is the New Skinny: Your Guide to Self-Love in a Picture Perfect World

By Katie H. Willcox

Hay House, Inc. Paperback. Condition: New. Dimensions: 5.5in. x 0.0in. x 8.5in. In *Healthy Is the New Skinny*, international model, body-image activist, and founder/CEO of the one-of-a-kind modeling agency Natural Model Management, Inc., Katie H. Willcox offers a breakthrough approach to developing a healthy sense of self in a world that profits from keeping us insecure. Having been categorized as a plus size model at a healthy weight for her height, Katie has gained a unique insiders view into the false world of advertising and the tragic effect it is having on girls and women's body image and overall self-esteem. By exposing the deceptive practices used in the fashion and advertising industries, sharing inspirational stories from her own life as well as those of girls and women she has coached, and passing along lessons hard learned from being a flawed human being in a perfection-obsessed society, Katie provides the insights and tools to help females of all ages stop absorbing the incessant negative messages and rebuild a healthy self-image starting right now! This book tackles the skinny beauty ideal that keeps girls and women feeling small and searching for purpose. This holistic approach to healthy body, mind, and soul will...



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### Reviews

*Absolutely one of the best books I have ever studied. It is actually written in simple terms rather than confusing. I realized this PDF from my dad and I suggested this PDF to understand.*

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