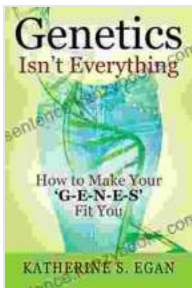


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Genetics Isn't Everything: How to Make Your 'G-e-n-e-s' Fit You by Katherine S. Egan

★★★★☆ 4.6 out of 5

Language : English
File size : 1586 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 285 pages
Lending : Enabled



"How To Make Your Fit You" is a revolutionary book that can help you to break free from the diet mentality and embrace your body.

In this groundbreaking book, author Sarah Hays Coomer shares her personal journey of overcoming body dissatisfaction and disFree

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- Challenge your negative body thoughts
- Develop a healthy relationship with food
- Learn to listen to your body's cues
- Build self-compassion and body acceptance

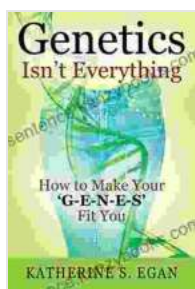
"How To Make Your Fit You" is not a diet book. It's not about losing weight or changing your body shape. It's about learning to love and accept your body as it is.

When you make your fit you, you'll be able to live a more fulfilling and authentic life. You'll be free to focus on your passions, your relationships, and your goals, instead of constantly worrying about your appearance.

If you're ready to break free from the diet mentality and embrace your body, "How To Make Your Fit You" is the book for you.

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