



No Body's Perfect

Kimberly Kirberger

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No Body's Perfect Kimberly Kirberger

From the co-author of the best-selling CHICKEN SOUP FOR THE TEENAGE SOUL books comes a constructive and inspirational book designed to help girls learn to love themselves by first loving their bodies.

Kimberly Kirberger, co-author of the best-selling CHICKEN SOUP FOR THE TEENAGE SOUL books and a renowned expert on teen issues, addresses the topic of body image in LOVING YOUR BODY / LOVING YOURSELF. Many problems in girls' lives stem from a lack of self-esteem and self-love: eating disorders, depression, drug use, and more. Through powerful stories and poems from real teens, as well as personal tales and advice from the author, this book strives to help girls learn to accept, love, and appreciate their bodies--and, in turn, to love themselves.

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