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# Strong Looks Better Naked

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## **Strong Looks Better Naked** Khloe Kardashian

THE ONLY OFFICIAL KHLOE KARDASHIAN BOOK Khloe Kardashian shares her secrets for finding strength of body, heart, mind, and soul with inspirational, revealing stories of her own struggles with weight, relationships, and her self-image. In a culture that worships skinny, Khloe Kardashian writes with passion about the power of strength: a strong body becomes a strong mind, which builds to strength of heart, character, and ultimately strength of spirit. This is an inspiring book about how to create strength and true beauty in every area of your life, inside and out. The book features inspired personal stories from Khloe and practical how-to advice about building a strong body, mind, heart, and soul in your own life.

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