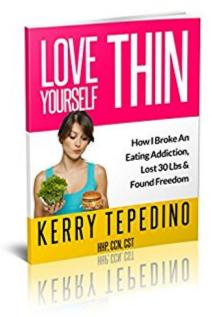
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# Love Yourself Thin: How I Broke An Eating Addiction, Lost 30 Lbs & Found Freedom





## Synopsis

Kerry Tepedino recovered from a painful past of bulimia and a body image disorder. She is now dedicated to empowering women who also struggle with a dysfunctional relationship to food and eating, that stems from an issue of low self-worth and value. She is the author of "Love Yourself Thin: How I Broke An Eating Addiction, Lost 30 lbs, and Found Freedom" (2016), which maps out the very process she took to heal her body, mind and heart. This is a self-help book based on the exact concepts that helped Kerry and thousands of other women recover worldwide.

### **Book Information**

File Size: 1708 KB Simultaneous Device Usage: Unlimited Publication Date: September 12, 2016 Sold by: Â Digital Services LLC Language: English ASIN: B01H14307M Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Not Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #730,310 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #61 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic #156 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic #250 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

#### **Customer Reviews**

Literally, all this book is is a cover and a page that says, "this is my book Love Yourself Thin". Do not buy this. I can't even give it one star for its sentence.

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