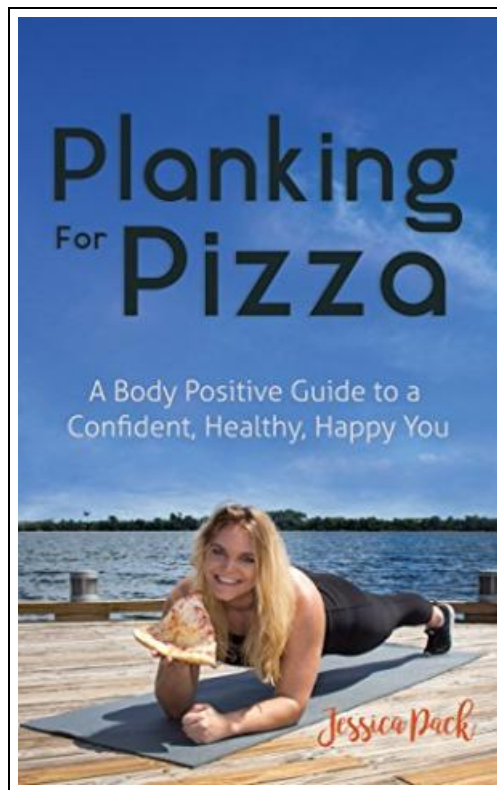


## Planking for Pizza: A Body Positive Guide to a Confident, Healthy, Happy You (Paperback)



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### **Reviews**

*This pdf is definitely worth getting. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
(Jeramie Davis)

## PLANKING FOR PIZZA: A BODY POSITIVE GUIDE TO A CONFIDENT, HEALTHY, HAPPY YOU (PAPERBACK)



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Mango Media, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. A personal journey â overcoming low self esteem and building self confidence Banishing low self esteem â building physical health: Planking for Pizza started with an epiphany. Jessica Pack decided to start where she was, and share her true self as the first step in a journey to self acceptance and rejection of low self esteem. To her great surprise, her Instagram selfie posts and blog made her a social media star with followers praising her revelatory approach to becoming whole by accepting every part of herself. She has inspired a throng of fans and readers to follow her example of self love, self expression, and self empowerment and her writing, photos, and honest posts are an inspiration sensation. As a result, Planking for Pizza went on to become a series of valuable life lessons on: \* avoiding the perfectionism trap \* overcoming low self esteem \* building a feeling of self empowerment \* getting body positive \* improving physical health \* building self confidence \* and, creating super mental strength Building self confidence â finding self empowerment â getting body positive: In Planking for Pizza, Jessica teaches us how to avoid the trap of perfectionism and that exercise is 10 physical and 90 mental. You can overcome trepidation and embarrassment at the gym by embracing the fear and using it. Get body positive! And, along the way, eating a slice of pizza won t make you unhealthy. With Jess s encouraging voice cheering you along (and convincing you to become your own cheerleader, too) you ll discover what ignites your inner being and what creates mental strength and emotional balance. As you banish low self esteem you will step onto a pathway to building self...



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