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Experts Academy Press, United States, 2010. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. The New 10 is a profound forty day program and part of my personal mission to redefine beauty. Believing that I was fat and ugly for the majority of my life affected my sense of self-worth and self-esteem to the degree that I kept repeating self-sabotaging patterns until even the pain of that became too unbearable. I began to witness...

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- Authored by Dawn McIntyre
- Released at 2010



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