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Becoming Comfortable In My Own Skin: The Journey To Loving Me

Ms. Monica McLaurine

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Many times we think losing weight should be as simple as exercising and monitoring your food intake. More often than not, there are other circumstances, such as: self-esteem, medical issues to name a few that may hinder our quest to live a healthy lifestyle. In Becoming Comfortable In My Own Skin, you will follow first time author Monica McLaurine through her journey to overcome her obstacles to living a healthier lifestyle inside and outside.

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