



## Strong Looks Better Naked

By Khloé Kardashian

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**Strong Looks Better Naked** By Khloé Kardashian

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**“There is no such thing as perfect. Nobody attains perfection. But if you keep trying, you grow and evolve, and to me that’s the point: To be a better person today than I was yesterday; to become the best possible version of myself.” —KHLOÉ KARDASHIAN**

Khloé Kardashian shares her secrets for finding strength of body, mind, and heart with revelatory stories of her own struggles with weight, relationships, and her self-image.

In a culture that worships skinny, Kardashian writes with passion about the power of strength: a strong body lays the foundation for a strong mind, which leads to strength of heart, character, and ultimately spirit. Filled with practical advice, recipes, and compelling personal anecdotes, *Strong Looks Better Naked* is an inspiring meditation on how to create strength, confidence, and true beauty in every facet of your life.

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**Strong Looks Better Naked By Khloé Kardashian Bibliography**

- Sales Rank: #78685 in Books
- Published on: 2015-11-03
- Released on: 2015-11-03
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.00" w x 6.00" l, 1.00 pounds
- Binding: Hardcover
- 256 pages

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### Editorial Review

#### Review

“Perfect.”

#### — *Cosmopolitan*

“Stunning. Basically anything and everything you’d ever want to know from the 31-year-old.”

#### — *InStyle*

“Her latest work will motivate you physically, spiritually, mentally and emotionally.”

#### — *E Online*

“The book is part memoir, part self-help, and part diet-and-exercise guide. And all of it is very Khloe . . . self-deprecating, candid, sincere, and vulnerable.”

#### — *Refinery29*

“A Body-Image Victory.”

#### — *The Frisky*

#### About the Author

**Khloé Kardashian** is a *New York Times* bestselling author, model, and TV personality on the number one hit show *Keeping Up With The Kardashians*. She has also starred in *Kourtney & Khloé Take Miami*; *Kourtney & Khloé Take The Hamptons*, and *Khloé & Lamar* among many other shows. In addition to her TV career, Khloé owns a string of DASH boutiques across America and has a hair and beauty line, Kardashian Beauty, and clothing line, Kardashian Kollection, with her sisters. She lives in Los Angeles.

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Reading a reserve tends to be new life style in this particular era globalization. With examining you can get a lot of information that will give you benefit in your life. Together with book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire their own reader with their story or maybe their experience. Not only the storyplot that share in the ebooks. But also they write about the ability about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors on this planet always try to improve their expertise in writing, they also doing some exploration before they write for their book. One of them is this Strong Looks Better Naked.

**Emily Carey:**

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