

**STRONG IS THE NEW BEAUTIFUL: EMBRACE YOUR
NATURAL BEAUTY, EAT CLEAN, AND HARNESS YOUR
POWER**

Michelle Sterry

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No idea why she would not read the book. No notes for slide. Lindsey backs up her fitness program with advice on what to eat and how to work out, and kicks readers into high-gear, helping bolster their self-confidence and build a better body image, with the tips and tricks she's learned as a pro. SarahToland.PillPackPharmacySimplified. Pamper your skin. The eco-friendly and organic segment of the personal care market is the fastest growing in North American cosmetics—increasing by 30 percent every year! Iwouldreallygive3.Other Editions 8. This is Lindsey's regimen, and she encourages people to take from it what will work for .