



52 Ways to Love Your Body

Kimber Simpkins

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It's time to step away from the scale, ditch the fad diets, and embrace the body you're in. In this powerful book, Kimber Simpkins, yoga instructor and author of *Full*, gives you 52 undeniable ways to love your body and discover your own unique beauty!

Do you look in the mirror and see all the things you dislike about your body? For many of us, the first step to loving our bodies is being able to look at our reflection and not criticize what we see. And in a culture that worships thin, beautiful celebrities, it's easy to feel like we just don't measure up. So, how can you get over your flaws and focus on your fabulous?

52 Ways to Love Your Body is packed with easy and fun practices—one for each week of the year—to help you toss perfectionism out the window, turn down the volume on that nagging inner critic who is always going on about what's wrong, stop the never-ending comparison game, and finally love your body. You'll also find encouraging, in-the-moment affirmations to keep negative self-talk at bay, and give you a much-needed pick-me-up, any time, any place.

If you're ready to start loving your body, this book gives you 52 ways to get started now. So, what are you waiting for?

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Philip Edwards:

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