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THE ONLY OFFICIAL KHLOÉ KARDASHIAN BOOK
THE *NEW YORK TIMES* NUMBER ONE BESTSELLER

'Perfect' Cosmopolitan
'Stunning. Basically anything and everything you'd ever want to know about Khloé Kardashian.' InStyle
'Her book will motivate you physically, spiritually, mentally and emotionally.' E Online
'This book is part memoir, part self-help, and part diet-and-exercise guide and all of it is very Khloé. . . Self-deprecating, candid, sincere and vulnerable' Refinery29
'A triumph' Daily Beast
'A body-image victory' The Frisky

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

In a culture that worships skinny, **Khloé Kardashian** writes with passion about the power of strength: a strong body becomes a strong mind, which builds to strength of heart, character, and ultimately strength of spirit. This is an inspiring book about how to create strength and true beauty in every area of your life, inside and out. The book features inspired personal stories from Khloé and practical how-to advice about building a strong body, mind, heart, and soul in your own life.

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