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# BEAUTIFUL WITHIN: FINDING HAPPINESS AND CONFIDENCE IN YOUR OWN SKIN



Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Beautiful within: Finding Happiness and Confidence in Your Own Skin, Mica Paris, Mica Paris has been famous since her teenage years. Her rapid success as a singer meant that she was bullied into slimming and had an unhealthy obsession with her appearance. For years she dieted, ate badly and was unhappy. A crisis forced her to sit up and realise that she could change her bad habits and think differently...

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- · Authored by Mica Paris
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