



Body Image Remix: Embrace Your Body and Unleash the Fierce, Confident Woman Within

Summer Innanen

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In this refreshingly amusing self-help guide, body image expert Summer Innanen gives you the low-down on why changing your body image isn't about changing your body—it's about changing your mindset. With her not-so-PG stories and cheeky advice, you'll learn how to unconditionally love yourself and unleash the radiant, badass woman within.

This book will help you to discover, challenge and reset the beliefs that are holding you back from being unapologetically you in today's perfection-obsessed society. By the end of the book, you'll be able to get on with the life you've been putting on hold and stop letting the scale, your jean size, dietary macros and Fitbit points dictate your self-worth.

Whether you're ready to wholeheartedly abandon the idea that your life will be better 10 pounds from now or if you are simply body-posi-curious, Summer Innanen will help you explore a new way of thinking that bucks everything our body-obsessed culture shoves down our throats.

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