

Be Beautiful Mentally: Who Told You You Weren't Beautiful?: A Women's Guide to a Positive Self-Image of Beauty

Keedra A. Keeley

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In this book debut, author and Minister Keedra Keeley offers today's woman •A look into history and how it plays a role in the negative self-perceptions of women •Strategies to identify the root of your negative selfperceptions •Directions on how to change negative self-perceptions into positive self-perceptions •Daily activities that teach and empower each woman to always think positive about herself



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