



# Body Confident : A Guided Journal for Losing Weight and Feeling Great

*Victoria Moran*

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## **Body Confident : A Guided Journal for Losing Weight and Feeling Great** Victoria Moran

Body Confident promotes mental and physical well-being with a nurturing, supportive approach to weight loss through journaling. Offering a mix of instruction and writing prompts coupled with inspiring quotes and compelling art, this journal is in a class by itself. While many weight-loss books suggest that a reader keep a journal, none guides them as this one does toward a specific goal - that of losing weight and living a healthier; happier life. By helping them to learn and care about themselves more - both physically and emotionally - Moran teaches readers to see weight management as a positive, empowering process rather than a self-negating one.

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