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Empower Yourself Miranda Kerr

In Empower Yourself, Miranda explains how using positive affirmations has allowed her facilitate meaningful changes in her own life and in the lives of others. Touching on wellness, relationships, happiness, and so much more, she shares over 250 personal affirmations that can help you feel more empowered than ever before.

Empower Yourself: Kerr, Miranda: 9781401946333: Amazon.com ...

In "Empower Yourself," Miranda Kerr's follow-up to "Treasure Yourself," readers are entered into a world of positive affirmations for young, modern women. Topics touched upon range from body-positivity to family life and everywhere in between.

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Following the overwhelming response to Treasure Yourself, Miranda Kerr continues to explore similar themes in her latest title, providing insight on what she believes it means for young, modern women to be empowered in all areas of life and how this can b

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Miranda Kerr Quotes (Author of Treasure Yourself)

Miranda Kerr is considered one of the world's top-earning models and a positive icon for young women. She has loaned her time and image to charities and cause-related projects around the world, and in 2009 developed KORA Organics, a line of organic skin care made in Australia.

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Empower Yourself is an aspiring guide to Miranda's thoughts and life philosophy, using affirmations to invoke positivity, harmony and happiness in your everyday life and those around you.

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For Miranda, one of the most powerful tools to facilitate change is the use of positive affirmations. Here, she has written over 250 personal affirmations that can be used to achieve and maintain a healthy lifestyle, harmonious relationships, fulfilling career and happiness.

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The book contained alot of great information regarding self-love and healing and had a ton of affirmations. Her second book, Empower Yourself, is just as great, but unlike the first book, the book only contains a short chapter in the beginning from Miranda and the rest of the book is affirmations.

Empower Yourself: Amazon.co.uk: Kerr, Miranda ...

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Treasure Yourself: Power Thoughts for My Generation: Kerr ...

The DOJ previously claimed that \$4.5 billion was stolen from IMDb by senior officials — including Low — and pumped into New York condos, hotels, yachts and a jet, and used to fund movies such as Leonardo DiCaprio vehicle The Wolf of Wall Street, as well as expensive gifts for Low's friends, including heiress Paris Hilton, Australian model Miranda Kerr and more.

IMDB scandal: Alleged fraudster with ties to Leonardo ...

Gloria Steinem: Kardashians Don't Empower Women Gloria Steinem has a lot to say about the depictions of women in popular culture. Not only has she called for a boycott of NBC's new fall series The Playboy Club , but the feminist icon thinks the Kardashian sisters aren't doing women any favors with their tabloid-fodder behavior.