



# Change How You See, Not How You Look: Power Tools for Celebrating Your Body

*J. Alison Hilber*

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*J. Alison Hilber*

**Change How You See, Not How You Look: Power Tools for Celebrating Your Body** J. Alison Hilber

This is a book about choices and the tools to help women make the ones that suit our own higher purpose, no matter what we look like. It's a process toward self-love and acceptance just as we are.

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