



## Strong Looks Better Naked

*Khloé Kardashian*

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# Strong Looks Better Naked

*Khloé Kardashian*

**Strong Looks Better Naked** Khloé Kardashian  
**THE ONLY OFFICIAL KHLOÉ KARDASHIAN BOOK**

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**“There is no such thing as perfect. Nobody attains perfection. But if you keep trying, you grow and evolve, and to me that’s the point: To be a better person today than I was yesterday; to become the best possible version of myself.” —KHLOÉ KARDASHIAN**

Khloé Kardashian shares her secrets for finding strength of body, mind, and heart with revelatory stories of her own struggles with weight, relationships, and her self-image.

In a culture that worships skinny, Kardashian writes with passion about the power of strength: a strong body lays the foundation for a strong mind, which leads to strength of heart, character, and ultimately spirit. Filled with practical advice, recipes, and compelling personal anecdotes, *Strong Looks Better Naked* is an inspiring meditation on how to create strength, confidence, and true beauty in every facet of your life.

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