



# **Love Your Body Now!: Lose the Weight of Self-Hate, Gain the Yummy-ness of Goddess-ness**

*Maria Bucaro*

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Don't waste another minute worrying about fat and cellulite and breast size and butt size and wrinkles and whatever is keeping you from fully living your life and loving the goddess that you are, right now! Love your body now! Lose the weight of self-hate and gain the yummy-ness of Goddess-ness. Check in and see if you can answer yes to any of these questions. If you can answer yes, you are checking out the right book. Would you like to be comfortable in your own skin? Do you ever find yourself thinking or even saying out loud: If I could just look different (younger/older, bigger breasts/smaller breasts, more hair/less hair) my life would be so much better! Or, when I lose some weight, I will go swimming/dancing/make love without worry. Or, if I only looked like "her" my life would be great! Or, I'll start the diet on Monday. Do you ever look in the mirror and say: Yuck!! I can't believe I look like this. Or, what's wrong with me? Or, when did this happen? I am here to guide you, to inspire you and to create the space where you are empowered to live beautifully - to shimmer. I have fought the battle of not enough. Not thin enough, smart enough, beautiful enough. It was time to end the war and slay the beast of not enough. I have walked through the pain of negative body image and self-loathing - and got over it. I know you can too. Use this book as a guide - there are exercises and stories to help you to radiate the beauty you are, right now!

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