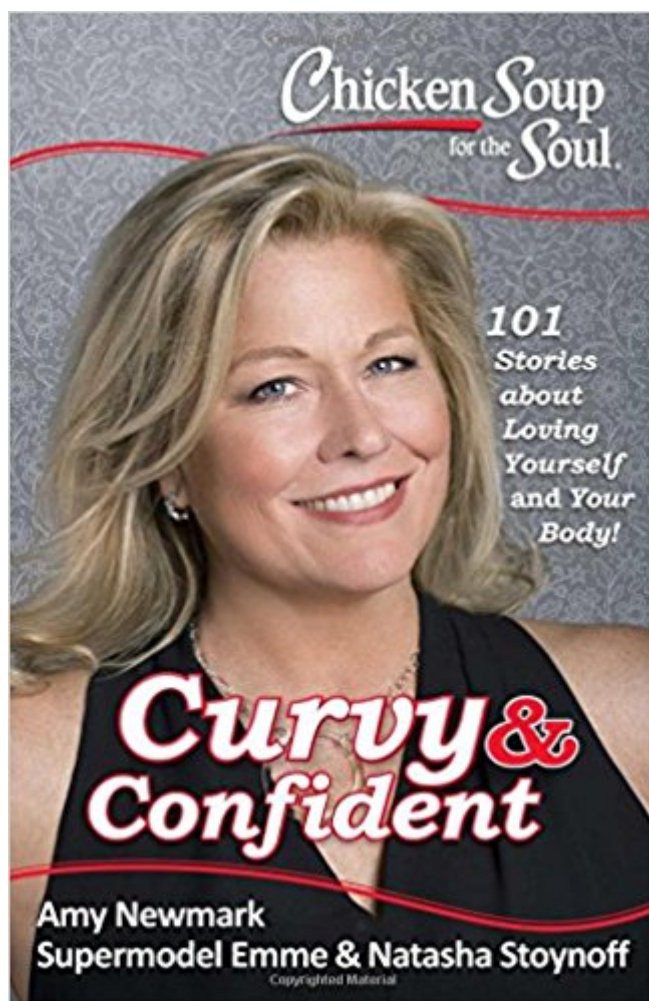


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# Chicken Soup For The Soul: Curvy & Confident: 101 Stories About Loving Yourself And Your Body



## Synopsis

Barbie comes in a curvy model now, Sports Illustrated features full-size swimsuit models, and fashion designers are focusing more on curvy women. There's a healthy conversation going on now about body image and self-esteem, and Chicken Soup for the Soul is part of it, with this collection of 101 stories celebrating all the different body types that women have and how we can all be curvy and confident • fit and fabulous within the body types we were issued at birth! Supermodel EMME, the world's first curvy supermodel, an advocate for women and a spokesperson for all the curvy and confident women out there, shares her own story and introduces us to women who have learned to be fit, happy, and confident about their bodies. These personal stories from 100 different women will leave you feeling empowered, beautiful, and loving your look. You'll read stories about how women developed their confidence and dealt with societal and media pressures, about attitude adjustments and acceptance, and about being healthy and loving yourself just the way you are!

## Book Information

Series: Chicken Soup for the Soul

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Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #255,670 in Books (See Top 100 in Books) #248 in Books > Health,

Fitness & Dieting > Mental Health > Eating Disorders #1188 in Books > Self-Help >

Self-Esteem #3128 in Books > Self-Help > Motivational

## Customer Reviews

Amy Newmark is author, publisher, and editor-in-chief of the Chicken Soup for the Soul book series.

Supermodel EMME is the world's first plus-size model, television personality, author,

lecturer, creative director of clothing lines, and globally recognized women's advocate.

Natasha Stoyanoff is a New York Times bestselling author and journalist.

I love these books. So easy to read.

Very good book, in perfect conditions. I'm enjoying it.

I loved this. I have many other "chicken soup" books, but have not read or purchased them for years. I took a chance on this one as I'm a Emme fan. Well worth the price and good mix of authors ....we all need inspiration with a kick in the butt.

This compilation of real life stories offers a wonderful contribution to the current social conversation about body image and self worth. I am a proud contributor to this Chicken Soup volume (story #3 - A Confident Triumph) and a life-long fan of the series. Once again Chicken Soup has touched our hearts and challenged our minds.

If you're looking for inspiration you don't have to look any further, Curvy and Confident has 300+ pages of it. Known for "changing the world one story at a time", Chicken Soup for the Soul: Curvy & Confident is no exception. With 101 true stories from real people who share their wisdom, how they live their life with gusto, how they find joy in exercise to how they broke out of their comfort zone, whether you're male or female you're bound to discover encouraging stories you can relate to. I'm thrilled to be a contributing author for this book and it is my hope that this book will help support a growing movement of loving and accepting yourself as you are and to see the beauty in yourself that you see in those around you. It is never too early to teach the importance of positive body image and never too late to be reminded of it. I highly recommend giving this book to young adults, friends, and anyone who may benefit from a good read with an inspiring message.

I am so proud to be among the many amazing authors in this book. The stories are rich with honesty, emotion, and inspiration. Many have brought me to tears and made me feel so proud to be a woman who loves herself no matter what. This is a book that everyone should read to have a deeper understanding of enjoying and loving your body regardless of shape or size. Such a wonderful message for all!!! Thank you Chicken Soup for the Soul!!

I've ready many chicken soups before. Yes i'm overweight and thought this would be a good read. This didn't do anything for me. Maybe I was expecting more out of this in a way to learn to except that I am who I am. Disappointing

Great book! Love the story by Patrick Michael McIntyre! Such a loving tribute to his SweetestRedHead! You could feel his love for her.Chicken Soup for the Soul: Curvy & Confident: 101 Stories about Loving Yourself and Your Body

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