



Strong Looks Better Naked

By Khloé Kardashian

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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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Editorial Review

Review

“Perfect.”

— *Cosmopolitan*

“Stunning. Basically anything and everything you’d ever want to know from the 31-year-old.”

— *InStyle*

“Her latest work will motivate you physically, spiritually, mentally and emotionally.”

— *E Online*

“The book is part memoir, part self-help, and part diet-and-exercise guide. And all of it is very Khloe . . . self-deprecating, candid, sincere, and vulnerable.”

— *Refinery29*

“A Body-Image Victory.”

— *The Frisky*

About the Author

Khloé Kardashian is a *New York Times* bestselling author, model, and TV personality on the number one hit show *Keeping Up With The Kardashians*. She has also starred in *Kourtney & Khloé Take Miami*; *Kourtney & Khloé Take The Hamptons*, and *Khloé & Lamar* among many other shows. In addition to her TV career, Khloé owns a string of DASH boutiques across America and has a hair and beauty line, Kardashian Beauty, and clothing line, Kardashian Kollection, with her sisters. She lives in Los Angeles.

Users Review

From reader reviews:

Melvin Paul:

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