



## Strong Looks Better Naked

By Khloé Kardashian

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**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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**Strong Looks Better Naked By Khloé Kardashian Bibliography**

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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.

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