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Look Better Naked! is a diet, exercise, beauty, and self-confidence plan from the editor-in-chief of Women's Health, the magazine that knows how to speak to women in a smart, inspiring way. The book offers expert tips and simple plans for reshaping a woman's body quickly and easily.

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27 Ways to Look Better Naked ... Basically, we all look better in slight shadows. And if it's the hour before dusk—magic hour, as photographers call it—get outside in that golden light.

27 Ways to Look Better Naked - Allure

embarrassed about the way I look.™ The action steps I took to achieve this: 1. Went through my goal assessment with Improvement Warrior Trainers. 2. Posted a “before” picture on my fridge 3. My first 30-days I implemented the nutritional principles in my look better naked nutrition blueprint 4.

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