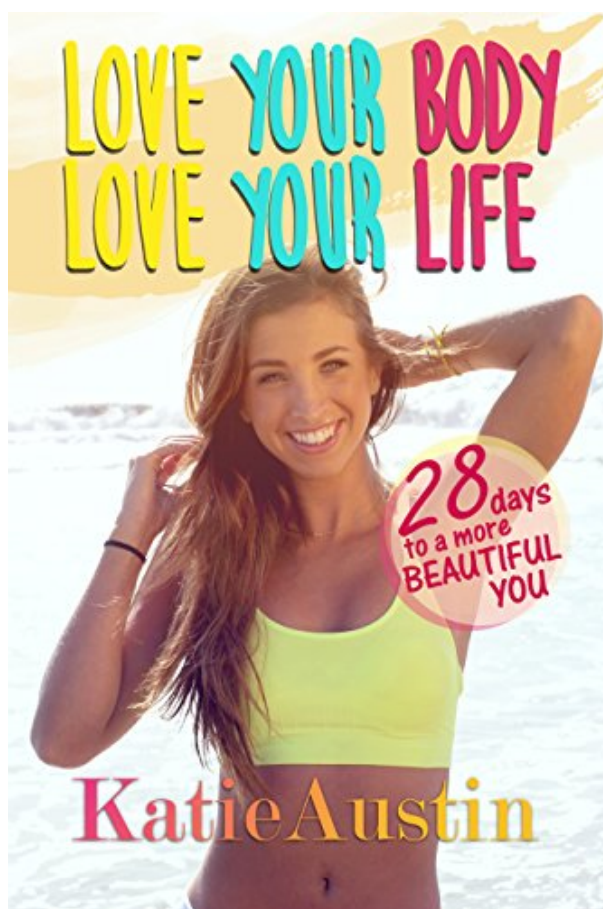


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Katie Austin is a fitness enthusiast and an inspiration to young girls all over the world. As the daughter of fitness icon Denise Austin, health and exercise have always been a part of Katie's life and it shows in her drive to spread her message of self-love and positive body image.

Love Your Body, Love Your Life includes daily workouts, Katie's favorite healthy food recipes, and self-love lessons, all of which will play a huge role in helping you become the best you can be. This book will not only transform your body, it will also transform your mind so you can be as confident as possible.

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