



I'm Not a Size Zero: I'm a Size Healthy

Laticia "Action" Jackson

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ARE YOU READY TO TO START LOVING YOUR BODY AND YOURSELF?

If this is you, it's time to TAKE back your CONFIDENCE and get HEALTHY from the inside out. On the following pages Health and Fitness Expert and 2008 Fitness Olympian Laticia "Action" Jackson walks you step-by-step in helping your reach your fitness and health destination without the worries of skinny or perfection. She teaches you that the most important size you can become is a size healthy, mind, body and emotions. Therefore, it's time to put the scale down and start feeling great about yourself again!

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Mattie Peters:

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Latashia Bartlett:

What is your hobby? Have you heard which question when you got pupils? We believe that that question was given by teacher to the students. Many kinds of hobby, All people has different hobby. Therefore you know that little person like reading or as looking at become their hobby. You must know that reading is very important in addition to book as to be the point. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You will find good news or update in relation to something by book. Amount types of books that can you choose to use be your object. One of them is this I'm Not a Size Zero: I'm a Size Healthy.

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