



Finding the Angel Within: Spirituality, Body Image and Self-Worth

Pamela H. Hansen

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Why is it so difficult to feel good about ourselves? There are times when most, if not all of us, have felt miserable about our bodies — no matter what the number on the scale tells us. Bestselling author Pamela H. Hansen has received thousands of letters and emails from people struggling with issues of body image and self-worth. Her new book confronts society's obsession with the perfect body and examines the destructive belief that physical appearance determines worth. This spiritually sound approach to developing a healthy body image will change the way you think about yourself and others.

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