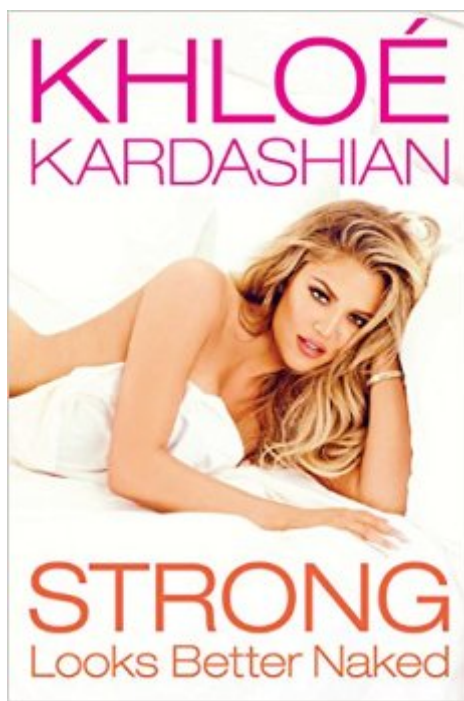


The book was found

Strong Looks Better Naked



Synopsis

THE ONLY OFFICIAL KHLOÉ KARDASHIAN BOOK Book jacket folds out to a full-size poster!

“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.

Book Information

Hardcover: 256 pages

Publisher: Regan Arts. (November 3, 2015)

Language: English

ISBN-10: 1942872488

ISBN-13: 978-1942872481

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars See all reviews (392 customer reviews)

Best Sellers Rank: #8,243 in Books (See Top 100 in Books) #40 in Books > Biographies & Memoirs > Arts & Literature > Television Performers #41 in Books > Biographies & Memoirs > Leaders & Notable People > Rich & Famous #129 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

This books sucks. I'm a casual Kardashian fan. Khloe's body is clearly amazing so I was hoping to learn something. All I have learned is that zero professionals were included in this process. It's so . . . childlike. It's just her rambling on about how much she loves the gym. There is zero organization. There is zero practical advice. For example, on one page titled "motivation": she says you have to want it and decide to want it. And then lists her favorite exercises. Which she has already mentioned like 8 times. There are random photos sprinkled throughout the book with no captions or reason. Like ok here is a random photo of Kylie.

I won't be able to finish this stupid book. It repeats its self over and over about why she works out. There is no new information in this book unless you want to know how often she works out. I really want my money back.

Don't waste your money. Nothing new is disclosed that she hasn't already said on the show or in a magazine interview.

I thought this book would be very different. Khloe has a story to tell. This is NOT it. Every topic she spouts advice on is so shallow. She did not dig deep enough on any topic to have any depth and therefore no impact. I'm honestly not sure who this book is targeted to. Khloe, I know you can do better.

What a load of drivel. Don't waste your money and don't drink the Kartrashian Kool Aid.

Ironically, Khloe may really have a story to tell. Think about it: the making of a dynasty family, a famous Dad, a famous step-Dad, a unique Mom-ager, a sister who propels the whole family to fame with an x rated video tape, an ex who overdoses in a brothel, a brother with some serious issues, what it was like to be the 'every girl' Kardashian amidst the plastic surgery glamour and how she finally gave in to it...too bad she didn't decide to talk about THAT stuff in a real way. This book might have been interesting if she did. Of course, then she'd be straying from the innocuous, superficial, plastic, mindless 'brand' the family protects and promotes. All told: It reads like an extended Cosmopolitan article. 1/5/16 update: I went to donate this book to Goodwill and the friend who gave it to me asked if I was going to remove the jacket first, because she thought I had forgotten that it opened up to a poster of Khloe...I burst out laughing! I repeat: who exactly is this book FOR? Do women/girls who want exercise tips also want a foldout poster of Khloe? That sounds more like something a teen girl would give her boyfriend to look at, and to keep him 'busy', while she read the book. Just how much more full of oneself can a person be??????? Just hilarious!

Not great.. If your interested in hearing about her workouts, then you may like it

They call this a book? I've read better Cat-in-the-Hat's. I also wonder why Khloe didn't go into hiding after writing this book.

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