



Empower Yourself

By Miranda Kerr

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Following the overwhelming response to *Treasure Yourself*, **Miranda Kerr** continues to explore similar themes in her latest title, providing insight on what she believes it means for young, modern women to be empowered in all areas of life and how this can be achieved.

For Miranda, one of the most powerful tools to facilitate change, both in her own life, and in the lives of others, is the use of positive affirmations. Here, she has written over 250 personal affirmations that can be used to achieve and maintain a healthy lifestyle, harmonious relationships, fulfilling career, and happiness.

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Editorial Review

About the Author

Miranda Kerr is considered one of the world's top-earning models and a positive icon for young women. She has loaned her time and image to charities and cause-related projects around the world, and in 2009 developed KORA Organics, a line of organic skin care made in Australia. Her aim was to inspire women globally to nurture their bodies, embrace their unique beauty, and understand the benefit of using organic skin care.

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