



# Making Peace With Your Thighs: Get Off the Scales and Get On with Your Life

*Linda Mintle*

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**Making Peace With Your Thighs: Get Off the Scales and Get On with Your Life** Linda Mintle

**Get your thighs off your mind and lose the lies that bind.**

Women of America, it's time to stop obsessing and start making peace with your thighs, your waist, and any other body part that leads you to feel inadequate.

Everywhere we turn-magazines, movies, television-we are bombarded with images of what a woman "should" look like. And every image makes body acceptance and confidence harder to achieve. So author and therapist Dr. Linda is inviting all members of the sisterhood of the dissatisfied traveling pants to discover how we arrived at this discontent and how to change our attitudes-and our lives-when it comes to liking our bodies.

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