



# Empower Yourself

*Miranda Kerr*

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## **Empower Yourself** Miranda Kerr

Following the overwhelming response to *Treasure Yourself*, Miranda 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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