



The Skinny, Sexy Mind: The Ultimate French Secret

Trish Blackwell

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The Skinny, Sexy Mind: The Ultimate French Secret is a body-confidence book grounded upon Trish Blackwell's discoveries about human nature, joie de vivre, and beauty while living as an American on French soil. A body image activist, certified personal trainer, lifestyle fitness coach, and recovered eating disorder success story, Trish Blackwell combines her affinity for the French culture and the French approach to food and fitness with her passion for helping American women embrace confidence



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