

Me And My Body

A Revolutionary Blueprint Bridging your Spiritual and Physical Health Transform to Truly Fit with International Health Coach, Candice McField Are you trying to lose weight or get fit? Have you tried the rapid weight loss products on today's market hoping they would help? If you answered yes, then you have learned by now those get fit quick schemes do not last. While you may see initial results, they are not permanent. That is because most of these products address a single aspect of the goal. Change is not one-dimensional and neither is fitness. Permanent change of any kind begins within. It requires a complete transforming of your mind and spirit, not just your body. If you want real results and lasting change, As for Me and My Body is for you. Based on fundamental wellness principles and proven results, As for Me and My Body is a simple, straightforward life plan for you to transform to truly fit. Candice McField guides you through a personal 21-day life changing quest that will enable you to: Strengthen your relationship with Christ Increase your joy, happiness, energy, and hope Stop dieting and live a healthy lifestyle Conquer the health and fitness goals you set for yourself As for Me and My Body takes the guesswork out of fitness and nutrition. Its step-by-step instruction compels you to be honest with yourself and identify self-sabotaging behavior. More importantly, it helps you get clear on the why behind those behaviors, allowing you to become clear on the why behind your desire to improve. The daily challenges are self-reflective, informative, and feel more like encouraging words from a friend who genuinely wants you to succeed. It feels like Candice is there with you, coaching you every step of the way. If you commit, you will transform. Collier Lunn As for Me and My Body is a wonderful and easy read that brings into focus the elements involved in the journey to attain healthy living, and optimal fitness along with corresponding and relevant spiritual applications. Each of the 21 days challenges you to evaluate your body, mind, and spirit through professional insight, scriptural portions, and personal stories that are encouraging and easy for anyone to understand. The external and internal projects and actions are set forth in manageable portions. The insights are presented without the fluff and complexity that other fitness experts seem to find necessary. It is a unique and refreshing perspective that will challenge you spiritually and results in a written plan of achievable goals that can transform your life! Dr. Rebecca McConnell

Acclaimed book, now in English and Spanish, helps adults teach children about abuse, getting help, and how to set boundaries to stay safe. Without being taught about body boundaries, a child may be too young to understand when abuse is happening—or that it's wrong. Now available in a bilingual English-Spanish edition, My Body Belongs to Me /Mi cuerpo me pertenece offers a tool parents, teachers, and counselors can use to sensitively share and discuss the topic of sexual abuse. Through simple language and colorful illustrations, this straightforward, gentle book guides young children to understand that their private parts belong to them alone. The overriding message is that if someone touches your private parts, tell your mom, your dad, your teacher, or another safe adult. In a country where, according to estimates from the CDC, one in four girls and one in six boys will be sexually abused before age eighteen, this book is an essential abuse-prevention resource to help children feel, be, and stay safe. Using her experience working as a New York City prosecutor of child abuse and sex crimes, Jill Starishevsky has crafted a book that addresses body boundaries in a way that kids can understand and that doesn't seem scary or heavy-handed. Includes, in both English and Spanish, a letter to adults at the beginning and a section in the back with suggestions and resources for discussing the book with children.

Based on the #1 hit children's song, this picture book encourages everyone to love who they are, inside and out. Taryn Brumfitt is the fiercely passionate thought leader behind the Body Image Movement and director of Embrace the documentary. She is determined to inspire everyBODY to celebrate their body, regardless of size, color, ethnicity, gender, or ability.

"Why do I feel so lousy even after my doctor said my labs are normal?" "I'm exhausted all the time." "Ever since _____, my life has never been the same." "My doctor and even my family just think I'm crazy." "We've tried everything to get pregnant and are ready to give up hope." "I'm on 4 different meds and nothing seems to work." "My son's teacher wants him on Ritalin but I know that's not the solution, but I'm at the end of my rope!" These are just a few questions our patients have that sparked me to write this simple, easy-to-read book that has become an "ah-ha moment" to its readers. It is comforting to know there is a REASON for your symptoms and downright inspiring to find out there is a SOLUTION. My heart breaks to hear the stories of the years of suffering and misery that has torn families apart and destroyed dreams. I pray this book brings hope to those who have given up, enlightens them to believe that there is a way out of their struggle, and leads them to re-capture their life.r. Kevin Connorswww.TakeMyPain.comwww.MIAutoimmune.com

A Novel

Tales My Body Told Me

A Revolutionary Program That Works

Between the World and Me

Me and My Senses

My First Human Body Book

Profiles the Eskimo boy who was brought back to the United States by explorer Robert Peary, and whose father's body was placed on display at the Museum of Natural History.

We catch glimpses of him living beside the Mediterranean in Greece and in Spain where his career as a novelist later revived and where Fraser first visited him in the 1970s.

Ana explains what she has learned about the parts of the human body from her aunt, the doctor, and by playing doctor with her kitten, Jasmine.

THE NEW YORK TIMES BESTSELLER A deeply honest investigation of what it means to be a woman and a commodity from Emily Ratajkowski, the archetypal, multi-hyphenate celebrity of our time. _____ 'This is the book for every woman trying to place their body on the map of consumption vs control, and every woman who wants to better understand her impulses. It left me much changed' - Lena Dunham 'I read these pages, breathless with recognition, and the thrill of reading a new voice telling it like it is' - Dani Shapiro 'Emily Ratajkowski's first essay collection needs to be read by everyone [...] both page-turning and moving as hell' - Amy Schumer 'A slow, complicated indictment of a profession and the people who propel it [...] it will deliver a more nuanced and introspective rendering of her interior than those who come to it with those surface interests might expect' - Vogue 'Dazzling' - Observer 'Ratajkowski brings

nuanced insight to questions about empowerment versus commodification of women's bodies and sexuality. Blending cultural criticism and personal stories, *My Body is smart and powerful* - Time Magazine 'Raw, nuanced and beautifully written. A moving and enlightening experience to join a woman openly exploring such deep parts of her physical self via the written word. A truly impressive debut' - Emma Gannon 'Excellent [...] Ratajkowski writes with curiosity, intellect and acute awareness' - Harper's Bazaar 'Superb [...] it feels revolutionary' - Telegraph 'I admire and envy her artistry' - Guardian _____ Emily Ratajkowski is an acclaimed model and actress, an engaged political progressive, a formidable entrepreneur, a global social media phenomenon, and now, a writer. Rocketing to world fame at age twenty-one, Ratajkowski sparked both praise and furor with the provocative display of her body as an unapologetic statement of feminist empowerment. The subsequent evolution in her thinking about our culture's commodification of women is the subject of this book. *My Body* is a profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from Ratajkowski's life while investigating the culture's fetishization of girls and female beauty, its obsession with and contempt for women's sexuality, the perverse dynamics of the fashion and film industries, and the grey area between consent and abuse. Nuanced, unflinching, and incisive, *My Body* marks the debut of a fierce writer brimming with courage and intelligence.

Head to Toe

Brain, Mind, and Body in the Healing of Trauma

Look Inside Your Body

Parts

My Body Belongs to Me from My Head to My Toes

Really, Really Big Questions About Me and my Body

"Introduces the benefits of healthy foods, the five food groups, and how the digestive system works to turn food into energy for our bodies while offering tips for a healthy diet."--

How does the brain control the rest of the body? How does it enable the senses, regulate speech, affect balance, and influence sleep and dreams? These 30 full-page illustrations to color help explain every aspect of the brain's big job, from communicating with the central nervous system to retaining memories.

Talking to children about body safety, boundaries, safe and unsafe touch can be tedious and uncomfortable. If you are looking for a book to start the conversation about inappropriate touches and the prevention of child sexual abuse, then this is the book for you! *My Body Belongs To Me* gets the conversation going in an engaging, rhythmic, and entertaining way. By the end of the book, children will have a better understanding of their rights, their bodies, their private areas, and the importance of telling a trusted adult if someone makes them uncomfortable. Start the conversation, keep our children safe, join in the fight of combating child sexual abuse and sexual violence in their homes and communities.

Kim Noble is an accomplished artist whose work has been exhibited around the world. She is a mother with a 13-year-old daughter. She is a bubbly and vivacious woman. To meet her you wouldn't think anything was wrong. But when Kim was younger than five years old, her personality splintered and fractured. In 1995 she was finally diagnosed with Dissociative Identity Disorder (DID) which has been described as a creative way to cope with unbearable pain. Now her body plays host to more than 20 different personalities, or 'alters'. There are women and men, adults and children; there is a scared little boy who speaks only Latin, an elective mute, a gay man and an anorexic teenager. Some alters age with her body; others are stuck in time. *ALL OF ME* takes the reader through the extraordinary world of a woman for whom the very nature of reality is different. It will tell of her terrifying battles to understand her own mind; of her desperate struggle against all odds to win back the child she loved; and of her courage and commitment in trying to make sense of her life. It is by turns shocking, inspiring, sometimes funny, and deeply moving.

Me and My Body

All Of Me

As For Me and My Body

Revised Edition

A book about body safety / Un libro sobre el cuidado contra el abuso sexual

Memoirs of My Body

The companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it.

The "What's Happening to My Body?" Book for Girls Written by experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Girls gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up is an essential puberty education and health book for all girls ages 10 and up.

This companion provides original, scholarly, and cutting-edge essays that cover the whole range of Hegel's mature thought and his lasting influence. A comprehensive guide to one of the most important modern philosophers Essays are written in an accessible manner and draw on the most up-to-date Hegel research Contributions are drawn from across the world and from a wide variety of philosophical approaches and traditions Examines Hegel's influence on a range of thinkers, from Kierkegaard and Marx to Heidegger, Adorno and Derrida Begins with a chronology of Hegel's life and work and is then split into sections covering topics such as Philosophy of Nature, Aesthetics, and Philosophy of Religion My body can do many things. I can hear, touch, feel, smell and see. Let's explore these 5 senses together.

My Body Needs Food

Give Me My Father's Body

My Body

Will You Be Mine

My Great Body

As for Me and My Body

As a child, there are constantly people trying to pick you up, hug you, or tickle you. Sometimes, though, children fall victims to people who try to touch them inappropriately. But how do you tell someone, most likely an adult, that you don't want to be touched? Or, if it has already happened, how do you tell an adult you trust about what happened? You're only a child, and they're the adults. Why would they believe you? My Body Belongs to Me! is an educational tool to help instill confidence in children when it comes to their bodies. The narrative of the story is led by a girl named Clara, who encourages kids to say "no" if they are uncomfortable with physical contact. The narrator gives readers tips about what they can say or do to avoid unwanted physical contact, or how to tell the right people in the event it has already occurred. My Body Belongs to Me! is an invaluable resource that gives children a voice in uncomfortable situations. Suited for children ages 3 to 6, this should be in all doctor's offices, counselor's offices, and all parents should read to their preschool-aged children to teach them how to effectively say no to unwanted touching and how to report unwanted touching if it does occur.

Introduces the benefits of rest on the human body, how much rest young bodies need, and what happens when we sleep, while offering tips to get better rest.

Peek inside your body, from head to toe! Where does food go after you swallow it? Where is your heart, and what does it do? Where are your lungs? What do your knees really look like? "X-ray" the inside of your body from head to toe with this irresistible, interactive, large-format board book! Two die-cut handles allow readers to hold the book up to their bodies and visualize various body parts and organs—including bones, the brain, lungs, heart, and many more. This unique book is perfect for sharing with friends and sharing in the classroom! The bright, bold illustrations are clearly labeled and offer an introduction to the way the body works. The unique format encourages interaction, both in the classroom and at home. A great choice for learning together. X-Ray Me! features ten images of what's inside your body and includes basic information about organs, systems, and your skeleton. Operating Instructions: Open the book and hold it up to your body. Now move the book up and down, from head to toe, and discover the cool stuff underneath your skin. What do you see? How does your body work?

I just don't know what's going on Or why it has to be But every day it's something worse What's happening to me? So begins this uproarious new story from the best-selling creator of No Jumping on the Bed!, Green Wilma, and other popular books. The young narrator has discovered a disturbing trend: There's fuzz in his belly button his toes are peeling and something just fell out of his nose. The last straw is a loose tooth, which convinces him of the awful truth his parts are coming unglued! Parts deals with a subject of deepest interest to every young child: the stuff our bodies shed. Parents will appreciate the reassuring message that it's all quite normal, while Tedd Arnold's comical illustrations and rhyming text are guaranteed to make young readers laugh their heads off.

I Am More Than My Body

The Body Keeps the Score

A Memoir of Sinclair Ross

I Can Take Care of My Body

The Life of Minik, the New York Eskimo

My Body Belongs To Me!

Ever wondered why some people are left handed? Or how it is that we always awaken from sleep? This book contains hundreds of truly fascinating questions and answers, all about our bodies - you'll learn how colour blindness works, who discovered the structure of DNA and when and how respiration occurs. This book provides the answers to these questions and hundreds more, telling you all about the who, what, when, where and why of the human body. Find out how cells form, what makes hair curly and how fingerprints differ, with fact files on each page to pull out the key information. Use this book to settle debates, help with school projects and prepare quizzes; this easy-to-use reference guide will provide hours of entertainment for kids with questions!

Part puzzle, part revenge tale, part ghost story, this ingenious novel spins half a century of Vietnamese history and folklore into "a thrilling read, acrobatic and filled with verve" (The New York Times). FINALIST FOR THE CENTER FOR FICTION'S FIRST NOVEL PRIZE □ ONE OF THE BEST BOOKS OF THE YEAR: The New York Times Book Review, NPR, Good Housekeeping, and Kirkus Reviews □ "Fiction as daring and accomplished as Violet Kupersmith's first novel reignites my love of the form and its kaleidoscopic possibilities."—David Mitchell, author of Cloud Atlas Two young women go missing decades apart. Both are fearless, both are lost. And both will have their revenge. 1986: The teenage daughter of a wealthy Vietnamese family loses her way in an abandoned rubber plantation while fleeing her angry father and is forever changed. 2011: A young, unhappy Vietnamese American woman disappears from her new home in Saigon without a trace. The fates of these two women are inescapably linked, bound together by past generations, by ghosts and ancestors, by the history of possessed bodies and possessed lands. Alongside them, we meet a young boy who is sent to a boarding school for the métis children of French expatriates, just before Vietnam declares its independence from colonial rule; two Frenchmen who are trying to start a business with the Vietnam War on the horizon; and the employees of the Saigon Spirit Eradication Co., who find themselves investigating strange occurrences in a farmhouse on the edge of a forest. Each new character and timeline brings us one step closer to understanding what binds them all. Build Your House Around My Body takes us from colonial mansions to ramshackle zoos, from sweaty nightclubs to the jostling seats of motorbikes, from expat flats to sizzling back-alley street carts. Spanning more than fifty years of Vietnamese history and barreling toward an unforgettable conclusion, this is a time-traveling, heart-pounding, border-crossing fever dream of a novel that will haunt you long after the last page.

Amazing facts come together with fun, easy-to-do crafts in this STEAM-centric celebration of the human body. Learn amazing facts like how germs can make you sick, why you have a belly button, and how your senses work. Then create wonderful crafts, like a beautiful family tree, a homemade stethoscope, and gingerbread skeletons, combining reading skills, STEAM concepts, and hands-on family fun. Discover what a family tree is, then create one yourself. Explore your amazing fingerprints, then decorate a beautiful picture frame with them. Make a paper

skeleton or play a game about digestion. This is a perfect package for a little learner who wants to know all about what's going on inside their body!

What exactly can your body do? A beloved bestseller that helps children understand anatomy, from their eyes to their toes, is back! Now refreshed with new art from Ed Miller. What is under your skin? Why do you have bones? What do your muscles do? Where does the food that you eat go? Me and My Amazing Body can show you! From your head to your toes and everything in between, this playful introduction to anatomy explains all the important parts of your body. Easy to read and easy to understand, Me and My Amazing Body helps children appreciate everything their bodies can do.

The Care and Keeping of You Journal 1

My Body Belongs to Me / Mi cuerpo me pertenece

Help, My Body Is Killing Me

Two Parts of Me

Me and My Amazing Body

Build Your House Around My Body

#1 New York Times bestseller "Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society." —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Here's the most entertaining way for children to get a good look at the human body and learn how bodies work: 28 fun and instructive, ready-to-color illustrations. Coordinating text explores the muscular, skeletal, nervous, digestive, respiratory, and immune systems, and answers such questions as What is a hiccup? and Where is my DNA?

Paul Lavarnway thought he had settled into comfortable, middle-aged domesticity in Kansas City with his husband Eric. So how is it he finds himself confined with four other gay men at East Oak House, a spooky old mansion from which they can see the rundown, off-season resort of Two Piers, Maine? He can't remember. What am I made of? How do I know I'm real? Will I still be the same person at eighty? Following up on the success of *Really, Really Big Questions*, and *Really, Really Big Questions About God, Faith, and Religion* here comes an entertaining book that explores the important, weird, and sometimes metaphysical questions that children have about themselves. From the physical—Why do I like chocolate? How does my brain work? —to the philosophical—Is my memory what makes me? Is there life after death? —*Really, Really Big Questions About Me and my Body* by Stephen Law, illustrated by Marc Aspinall takes on the deeper questions that come with growing self-awareness. Throughout it all, humorous writing, funky art, and fun features like optical illusions, amusing stories, quotes, and mind-teasers keep it light and make this philosophic journey unforgettably interesting.

What's Happening to My Body? Book for Girls

A Companion to Hegel

Transform to Truly Fit

Embrace Your Body

My incredible true story of how I learned to live with the many personalities sharing my body

Solving the Connections of Autoimmune Disease to Thyroid Problems, Fibromyalgia, Infertility, Anxiety, Depression, Add/Adhd and More

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT *Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly* *In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged*

*reportage, Between the World and Me clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward. We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.*

Introduce your child to all the different body parts - and use the mirror on every spread! Count your fingers, toes, legs, ears and eyes, then peek at the mirror and find your mouth, your tongue, your eyes . . . then point the mirror at someone you love

Marriages and babies everywhere drove me to leave town, I just hadn't expected to end up stranded on the Island of St. Martin in the Caribbean nor did I expect to have to share a room with the charter pilot. The one and only, Ford Sinclair, best friend of Ryan Townsend, my sister Amanda's, fiancé. The same man I'd refused to have a one-night stand with at my sister, Robin's wedding. I hadn't left home for anything but peace and quiet, what I found was a troubled man who also happened to be sexy, persuasive and dirty mouthed. The Kincaid Sisters is a Bad Boy Rocker spinoff series about Reece Kincaid's (Past Sins: Spicy) sisters. Book 1 – Meant to be Mine (Jessie Kincaid) Book 2 – You Were Always Mine (Amanda Kincaid) Book 3 – Will You be Mine (Sarah Kincaid)

My Body Needs Rest

My Body! What I Say Goes! Activity Book

X-Ray Me!

A Book about Body Ownership, Healthy Boundaries and Communication

Tell Me About the Human Body

Intuitive Eating, 2nd Edition

The lovable Me from "Me on the Map" is back for her seventh book, this time introducing young readers to the five senses and teaching them the basics of how they work.

Shreya Sen-Handley wrote a wildly popular column about body parts and body fluids, flings and romantic encounters. As readers, young and old, began to write back to her, Shreya stepped back to think about it all: her body, her writing and her life. Intensely personal and utterly universal, this is a book about everything: masturbation and the first kiss, pregnancy and sagging breasts, the wrong man and the right man. It is a tale of triumphs and tragedies, injustices (on a global scale) and ecstasy (the little ones we can all identify with). Funny, sad, serious and sometimes, very, very rude, *Memoirs of My Body* is the story of one woman and of Everywoman too.

Two Parts of Me: I am More Than My Body introduces children to the dual nature of their lives on Earth – that they are both a physical being and an energy being. We are all more than a physical body and *Two Parts of Me* helps young children to understand the meaning and importance of the feelings emanating from their energy bodies. Children are encouraged to trust their innermost feelings and to recognize intuition as guidance from their souls. *Two Parts of Me* is the first in a series of illustrated children's books written from a conscious perspective. In it, children will be reminded of their soul's infinite connection to the Source energy of the Universe.

For Younger Girls

My First Book about the Brain

My Body Is Special and Belongs to Me

Emily Ratajkowski's deeply honest and personal exploration of what it means to be a woman today - THE NEW YORK TIMES BESTSELLER