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# LETTING GO: HOW TO HEAL YOUR HURT, LOVE YOUR BODY AND TRANSFORM YOUR LIFE



Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Letting Go: How to Heal Your Hurt, Love Your Body and Transform Your Life, Emma Woolf, Life doesn't need to be a struggle. Letting go is the strongest thing I've ever done. A practical and heartfelt guide to healing for anyone who has suffered from low self-esteem, a lack of confidence, or disordered eating. Woolf writes with intelligence, wisdom and compassion for a generation of women battling an enduring media onslaught of perfectionism....

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- Authored by Emma Woolf
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