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In “Empower Yourself,” Miranda Kerr’s follow-up to “Treasure Yourself,” readers

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are entered into a world of positive affirmations for young, modern women. Topics touched upon range from body-positivity to family life and everywhere in between.

Empower Yourself by Miranda Kerr

In Empower Yourself, Miranda explains how using positive affirmations has

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allowed her facilitate meaningful changes in her own life and in the lives of others. Touching on wellness, relationships, happiness, and so much more, she shares over 250 personal affirmations that can help you feel more empowered than ever before.

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Following the overwhelming response to *Treasure Yourself*, Miranda Kerr 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,

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16 quotes from Miranda Kerr: 'A rose can never be a sunflower, and a sunflower can never be a rose. All flowers are beautiful in their own way, and that's like women too. I want to encourage women to embrace their own uniqueness.', 'We all have bad days, but one thing is true; no cloud is so dark that the sun can't shine through.', and 'We

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are limited only by our thoughts'

Miranda Kerr Quotes (Author of Treasure Yourself)

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About Empower Yourself “When we have the courage to speak our truth, no matter how difficult that may be, we tap into the infinite power that lies within us.” — Miranda Kerr The former Victoria Secret model and entrepreneur shares

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inspiring affirmations for becoming a healthier, happier, and more confident you.

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Miranda Kerr firmly believes ... and really feel like they don't have to fit into certain type of box," the model and author of the books Treasure Yourself and Empower Yourself says in the ...

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And when you continually look with optimistic eyes, you empower yourself! Miranda Kerr About the Author Miranda Kerr is considered one of the world's top-earning models and a positive icon for

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loaned her time and image to charities and cause-related projects around the world, and in 2009 developed KORA Organics, a line of organic skin care made in Australia.

Treasure Yourself: Power Thoughts for My Generation ...

Miranda Kerr PaperBack November 20,

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