

# Beneath the Muscle

*author: Lauren Powers*

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## Synopsis

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author	Lauren Powers
readBy	Lauren Powers
inLanguage	english

Wish you had the courage to stand out from the crowd? Discover a legendary athlete's life-changing guide to embracing your inner strength.

Do you always feel like you're hiding your true self? Are you too afraid of cyberbullies and armchair critics to share your unique talents? Renowned fitness celebrity Lauren Powers rose above debilitating addiction and became a bodybuilding champion at an age when most contenders retire. With multiple titles and film roles under her belt, Powers is living proof that you can turn your true passions into reality.

*Beneath the Muscle* is your inspirational book to letting your true talents shine. Inspired by Powers' crushing battles against haters and her incredible victories, this book reveals the author's formula for authentic success. No matter your shape, size, or status, the book's winning combination of self-care routines and positive psychology can take you from underdog to champion.

In *Beneath the Muscle*, you'll discover:

- An intimate look into Powers' struggles and triumphs to inspire your own journey to success
- Methods for honing your true passion and purpose
- Actionable strategies for overcoming obstacles on the path to your dreams
- Tactics for combating the negative attention of critics to focus on what matters
- Techniques to cultivate a healthy, goal-oriented mindset
- And much, much more!

*Beneath the Muscle* is your personal trainer in the pursuit of greatness. If you like pushing boundaries, real-world inspirational stories, and actionable advice from a trusted expert, then you'll love Lauren Powers' heartfelt guide to self-acceptance and lifelong achievement.

Buy *Beneath the Muscle* to embrace a powerful new you today!

## Reader's comments

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