



True You:a Journey to Finding and Loving Yourself (Chinese Edition)

Janet Jackson



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This book is about meeting those challenges that face all of us. With candor and courage, Janet shares her painful journey to loving herself. She addresses the crazy rumors that have swirled around her for most of her life, shines an intimate light on her family, and pulls us behind the velvet rope into her unforgettable career. She also shares lessons she has learned through contact with friends and fans and reveals the fitness secrets she has learned from her trainer. Finally, her nutritionist, David Allen, unveils the wholesome, delicious recipes and lifestyle-changing tips that helped Janet get in shapemind and spirit, heart and soul.



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