
jennifer wager my quest for physical perfection has left me exhausted, depleted, and joyless. even when i achieve my goal weight, it doesnt last because i have an endless stream of new goals. i'm tired of feeling bad about myself--the way that others see me is just way too influenced by my appearance to be worth all the effort. but the idea of ending the cycle is terrifying--i dont know what to do instead! how do you find peace in an imperfect body? if youve ever longed for your peace in an imperfect body, this book will show you how. in the pursuit of beauty, the author discovered that she was not perfect--and she found that her search for perfection had driven her away from all that truly made her happy. After over eight years of searching, she's finally found the answer--the personal discovery of how to live in harmony with your true self. "God speaks through women. And this woman speaks her heart out in this book." -* Princess Patricia III (U.S.A.) "Jennifer's journey is a triumph in courage and faith. I can't promise she'll find ultimate happiness, but I will tell you that the way she finds it is a road map for other women who want to find love and life and peace." -* Father John Gabriel (U.S.A.) "Jennifer's honesty and vulnerability, as well as her natural spirituality, will touch those who know her personally as well as those who read this book. This is a story of grace, forgiveness and healing. If you are ready to look at your life honestly and let go of the lies you tell yourself, you will love this book." -* Teresa de Cunha (U.S.A.) "If there is one person who cares about what is happening to humanity on the planet Earth, then that person must be Jennifer. With her book she wants us to change our ways, for our sake and for others." "Jennifer approaches her search for physical perfection with an honesty unusual among celebrities. This makes it all the more fascinating as we watch her struggle with how it affects her relationships with men and women alike. "I am absolutely in agreement with Jennifer Wager's statement that we cannot avoid change and we must change, but we can choose how we change. That is the message of this book: we don't have to be plagued by unhappiness and anger and hatred and pride and lack and guilt and pity and shame, but we can choose to feel these things. Choosing how we feel is a gift from God, not a curse from the devil. "In my opinion Jennifer has been given a new lease on life through her discovery of love for herself. I would recommend this book to all who are searching for self awareness." -* Bill Winger (U.S.A.

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