



## I'm Beautiful? Why Can't I See It?

*Kimberly Davidson*

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## **I'm Beautiful? Why Can't I See It?** Kimberly Davidson

Emotional eating. It's a rising epidemic. Katrina looks in the mirror and sees "repulsive," "fat," "stupid," even though friends tell her she is one of the most intelligent and beautiful girls they know. "If I'm so beautiful, why can't I see it?" Katrina is caught in the web of emotional eating and wants to take back control of her life. Pastoral counselor Kimberly Davidson, a recovered bulimic, found spiritual and physical restoration and brings a clear message of hope and recovery in *I'm Beautiful? Why Can't I See It?* Emotional eating is serious and God has specific processes for setting people free. Anybody suffering from unhealthy eating patterns (including eating disorders), negative body image, and low self-esteem needs unconditional love and acceptance, and the power of truth and forgiveness. This effective, proven, 12 week healing study can be used as a personal resource or in groups.

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