

## Empower Yourself Miranda Kerr

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**Empower Yourself - DAY 1 - Video#1 - Vegan Inspiration**

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Miranda Kerr | Wellness Wednesday (featuring Dr Jason Wersland) | October 28, 2020 **Miranda Kerr's Book:**

**"Treasure Yourself" Empower Yourself - DAY 1 -**

**Video#2 - Vegan Inspiration** Miranda Kerr Instagram Live (featuring Anine Bing) | April 21, 2020 ~~The Book They DO NOT Want~~

~~Miranda Kerr To Read!! Book Chat: Treasure Yourself by Miranda Kerr~~ ~~Miranda Kerr's Guide to De-~~

~~Stressing | Little Black Book | Harper's BAZAAR~~ *Miranda Kerr attends a product launch at David Jones* ~~Hypnosis for~~

~~Empowering Your Unconscious Positivity (Deep Relaxation~~

~~Clearing Negativity) Miranda's Malibu Home Tour Featuring  
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Allure (Instagram) Miranda Kerr for Royal Albert New  
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VERISHOP (Instagram Live) Miranda Kerr's Story1 Miranda  
Kerr on Having a Baby with Snapchat's Evan Spiegel*~~

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Miranda Kerr | Wellness Wednesday (featuring Serena Poon)  
| September 23, 2020 *Secrets of a Supermodel Suitcase, with  
Miranda Kerr* ~~Miranda Kerr shares how she finds her happy  
place | etalk~~ **Empower Yourself - DAY 2 - Video#3 - Vegan  
Inspiration** Miranda Kerr Instagram live with Ballet Beautiful  
(Mary Helen Bowers) | April 22, 2020.

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Miranda Kerr's Pregnancy Fitness and Food Plan | Little  
Black Book | Harper's BAZAAR My first book! Miranda Kerr |  
Wellness Wednesday Live Workout (featuring Jasmine  
Tookes) | April 8, 2020 Empower yourself with Psychology  
books *Miranda Kerr | Wellness Wednesday (featuring Ally  
Love) | September 30, 2020* KXB201 Assessment Two:  
Sizzle Reel - Miranda Kerr's Treasure Yourself *Empower  
Yourself Miranda Kerr*

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response to *Treasure Yourself*, Miranda continues to explore  
similar themes in her latest title, providing insight on what she  
believes it means for young, modern women to be

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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, and in the lives of others.

## *Empower Yourself by Miranda Kerr - Goodreads*

In Empower Yourself, Miranda explains how using positive affirmations has 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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— Miranda Kerr The former Victoria Secret model and entrepreneur shares inspiring affirmations for becoming a healthier, happier, and more confident you. Following the overwhelming response to her first book, *Treasure Yourself*, Miranda Kerr continues to explore similar themes of self-love and positivity in this moving follow-up. Miranda is a mother, a world-famous model, and the co-founder of her own skincare company, but the road to success has not always been easy.

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Following the overwhelming response to *Treasure Yourself*, Miranda 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, and in the lives of others, is the use of ...

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“The best way to deal with jealousy is to just recognize it first if it comes up, breath with it and let it go, because you can never compare yourself to somebody else, because you are so different any unique, everybody is so different and unique, so focus on what your positive qualities are, and try and expand and grow on that so then u can be a better version of yourself.” ? Miranda Kerr

## *Miranda Kerr Quotes (Author of Treasure Yourself)*

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To be your best you have to do your best. 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 young women. She has 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.

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Miranda Kerr's "Treasure Yourself" left me feeling fairly disappointed with it in the aftermath. It's not that I don't appreciate the opportunity to hear of this Victoria's Secret model's experiences and challenges, as well as her advice emphasizing the need to love and cherish yourself.

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