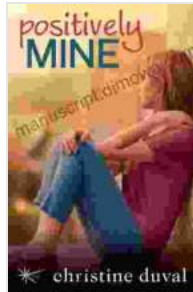


# Positively Mine: A Journey of Self-Love and Acceptance



## Positively Mine by Christine Duval

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1901 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 204 pages
Lending	: Enabled



## By Christine Duval

Positively Mine is a memoir by Christine Duval that chronicles her journey of self-love and acceptance. Duval shares her personal experiences with body image issues, eating disorders, and mental health challenges, and how she ultimately learned to love herself unconditionally.

The book is a powerful and inspiring story that will resonate with anyone who has ever struggled with self-acceptance. Duval's writing is raw and honest, and she does not shy away from sharing her darkest moments. However, she also offers hope and inspiration, and her story is a testament to the power of self-love.

Duval's journey to self-acceptance began when she was a young girl. She was constantly bullied for her weight, and she developed a negative body

image. As she got older, she developed an eating disorder and struggled with mental health challenges. However, through therapy and self-help, she was able to overcome her challenges and learn to love herself.

Positively Mine is a must-read for anyone who has ever struggled with self-acceptance. Duval's story is a powerful reminder that we are all worthy of love and acceptance, no matter what our flaws may be.

## **Reviews**

“Positively Mine is a raw and honest account of one woman's journey to self-love and acceptance. Duval's writing is powerful and inspiring, and her story will resonate with anyone who has ever struggled with self-acceptance.”

- **Publishers Weekly**

“Positively Mine is a must-read for anyone who has ever struggled with self-acceptance. Duval's story is a powerful reminder that we are all worthy of love and acceptance, no matter what our flaws may be.”

- **The Huffington Post**

## **About the Author**

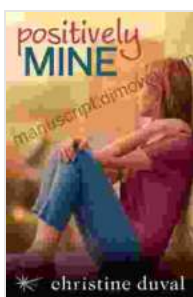
Christine Duval is a writer, speaker, and advocate for self-love and acceptance. She is the founder of the Positively Mine movement, which aims to help people overcome their negative body image and eating disorders.

Duval has been featured in numerous media outlets, including The New York Times, The Today Show, and Good Morning America.

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