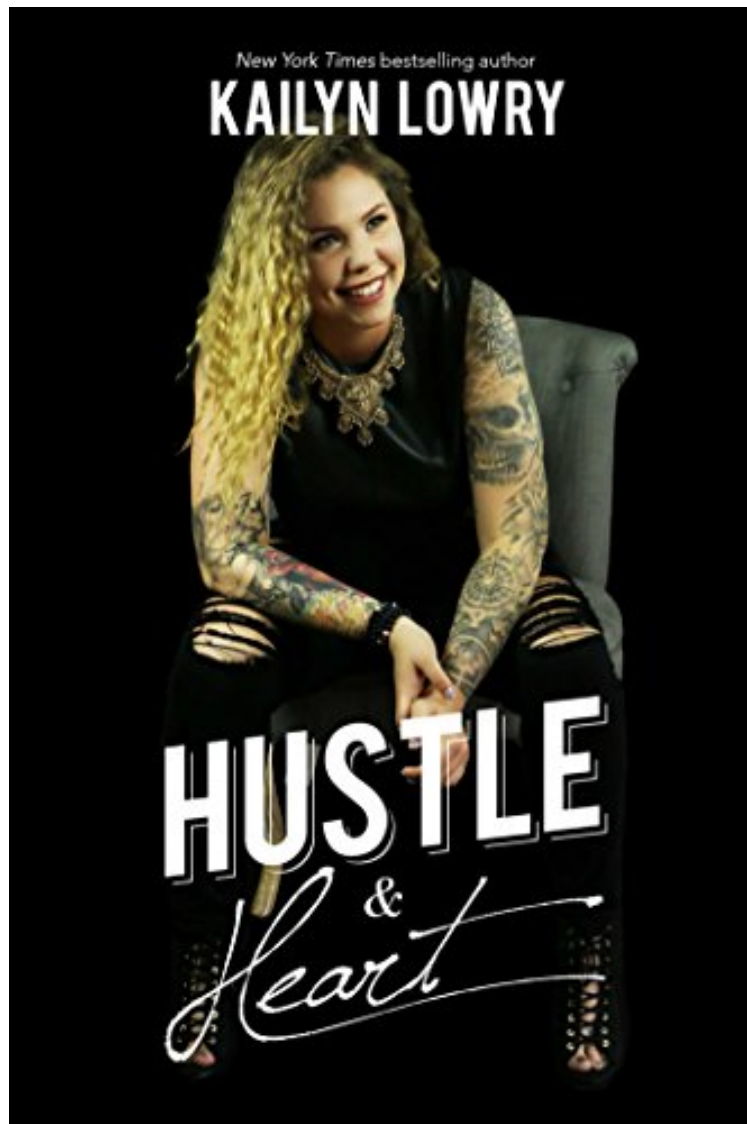


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Hustle and Heart

Kailyn Lowry

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New York Times bestselling author and Teen Mom Kailyn Lowry shares stories from her own life and offers up inspiration and advice for life's challenges. As a small-town girl turned teen mom, reality TV star, bestselling author and social media celebrity Kailyn Lowry has been through some crazy ups and downs. Now she's sharing the inspiration that got her through it all. *Hustle and Heart* is packed with inspiring motivational messages, personal advice and relatable experiences for those making their way through life's challenging mix of joy and hardship. From bullying, sexual assault and body image to motherhood, marriage and career challenges, Kailyn wants you to know that there's nothing you can't survive with a little bit of hustle and heart.

About the Author Kailyn Lowry is the feisty, tattooed beauty whose determination to raise her son on her own terms has been documented on MTV's hit series *Teen Mom 2*. She is the author of the New York Times bestseller *Pride Over Pity* and *Love is Bubblegum*.