

# Naturi Naughton Talks With Real Health About Empowering Women and Girls

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Actress Naturi Naughton, who co-stars in the STARZ series *Power*, talks with Real Health editor-in-chief Kate Ferguson about learning to love herself when she looked in the mirror, and why it's so important for women and girls' mental health to love themselves at every age and stage of their lives.

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<http://beta.docker.realhealthmag.com/article/naturi-naughton-talks-real-health-empowering-women-girls>