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Beyond Beautiful: Using the Power of the Mind, A Natural Approach, and Aesthetic Breakthroughs to Look Young and Radiant

By Doris Day

Center Street. Hardcover. Condition: New. 240 pages. From celebrities, to supermodels, to busy moms, renowned cosmetic dermatologist Dr. Doris Day has kept them glowing in over twenty years of practice. And she knows that all women have something in common: they want to look and feel more beautiful. Everyone deserves to feel gorgeous, but Dr. Day has learned that a true sense of beauty is not achieved by addressing only the face. Rather, beauty begins way beyond the epidermis. For one to look their best they must tap into the power of the mind and emotions. Addressing feelings can have a major impact on the way people see themselves and look to others. When one feels great, they radiate beauty. In BEYOND BEAUTIFUL, Dr. Day proves the power of the mind on appearance, with compelling case studies illustrating the correlation between self-reflection and looking better. She also offers countless easy, practical skincare and makeup tips, effective natural treatments, and the latest in aesthetic breakthroughs to help readers of all ages and skin types uncover their most youthful, radiant, beautiful selves. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.



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