



Eat Pretty Every Day: 365 Daily Inspirations for Nourishing Beauty, Inside and Out (Paperback)

By Jolene Hart

CHRONICLE BOOKS, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Breakout hit Eat Pretty continues to win over audiences of all ages with its groundbreaking and user-friendly exploration of beauty nutrition. The author's hotly anticipated new book welcomes existing fans and newcomers alike, presenting 365 bite-size daily readings that make it easy to put beauty nutrition know-how to use in everyday life. Organised by the four seasons, the readings explore every aspect of what it means to eat pretty, offering simplified nutritional science, seasonal recipes, motivating goals and challenges, self-care exercises, and uplifting mealtime mantras. Providing the dedicated support of a personal wellness coach at a fraction of the cost, Eat Pretty Every Day is for women of all ages who want to learn the secrets to living well.



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Reviews

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