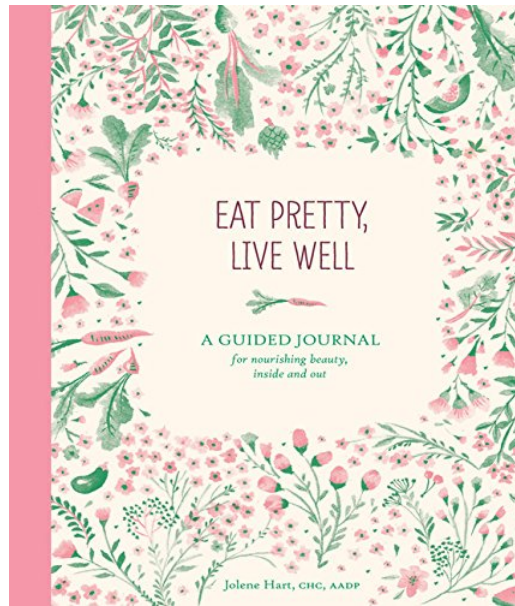


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This companion journal to bestselling beauty nutrition guide Eat Pretty is an inspiring and innovative tool that invites fans and newcomers alike to put beauty nutrition know-how into practice. The dynamic format includes lively and informative overviews, fill-in trackers and checklists, thought-provoking Q&As, goal-setting guidance, prompts for self-reflection, and repeating spreads for monitoring 40 days of living and eating well-all in a gorgeous, illustrated package.

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