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The Seeds of Beauty: Defining Your Beauty and Style from the Inside Out

By Lakeysha-Marie Green

Createspace, United States, 2013. Paperback. Book Condition: New. Alyse Decavallas (illustrator). 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.What s the real secret of radiant beauty? It may come as no surprise that how we look on the outside is directly connected to the beauty deep inside us. What s more, when we are imbalanced with the weight of low self-esteem, it s all-too-visible in our physical appearance. That s why every truly successful makeover begins by reconnecting with who we are at our very core-long before the swipe of the credit card or snip of the shears. Now, fashion stylist Lakeysha-Marie Green has written a groundbreaking new guide to developing show-stopping beauty from the inside out. Inspirational and easy to use, The Seeds of Beauty seamlessly joins the key elements of inner beauty with savvy, expert advice on making the most of your own physical attributes. In Part One, Beauty Within, you ll learn how to build a foundation of self-love, exploring subjects such as acknowledging your value, developing resilience and finding the courage to move forward. Part Two, Beauty Reflected, offers you practical advice on wardrobe fundamentals to bring out your...



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This ebook is really gripping and fascinating. it had been writtern extremely perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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