

[PDF] You: Being Beautiful - The Owner's Manual To Inner And Outer Beauty

Michael F. Roizen, Mehmet C. Oz - pdf download free book



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Description:

From Publishers Weekly This follow-up to Roizen and Oz's current bestseller *YOU: Staying Young*, targets three dimensions of beauty: looking beautiful, feeling beautiful and being beautiful. True to their holistic vision, they provide tools, tips and quizzes on physical appearance—caring for hair, skin, nails, teeth, etc.; forming healthy diet and exercise habits; reading labels and selecting products; and choosing cosmetic enhancements (breast implants, Botox, tattoos, piercing and

LASIK, for example). They also include practical ways to manage energy levels, ease aches and pains, prevent injury, cope with mood disorders, end addictions and create positive home and work environments. Identifying work and finances as major stressors and loving relationships as key to health and happiness, they offer insights and suggestions for developing a big-picture, spiritualized view of life. A 24-hour ultimate beautiful day shows readers how to implement changes into their typical schedule. The blend of beauty advice with love, work, finances and spirituality could be smoother, and the impish humor throughout is a bit strained. Still, this volume is as entertaining and challenging as other titles in the series. (Oct.)

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About the Author MICHAEL F. ROIZEN, M.D., is a *New York Times* #1 bestselling author and cofounder and originator of the very popular RealAge.com website. He is chief wellness officer and chair of the Wellness Institute of the Cleveland Clinic and health expert of *The Oprah Winfrey Show*.

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