



## The Pursuit of External and Internal Beauty (Paperback)

By Dr Kate Hudson

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Pursuit of Internal and External Beauty: becoming beautiful This book is meant to assist you as much as possible in your pursuit of beauty. It has contains key information relevant to beauty such as: 1. Beauty Tips to Make your skin as Vibrant as can be. 2. Tips for conserving your current beauty. 3. High stress levels impedes your beauty- So I included Meditating to reduce Stress. 4. Your bonus is a couple Beauty recipes that I have used throughout the years to magnify my attractiveness. I truly hope you enjoy and this book provides to you, the great value that its content has provided me. Excerpt from Introduction Hi there, whoever you are, I m sure than you are quite interested in the topic of beauty and the ideal of becoming beautiful. My name is Kate Hudson; I prefer to leave out the Dr. when I introduce myself. Let s pretend throughout this book that I m an ordinary woman, speaking to you about beauty and its acquisition, a normal lady who has once...



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