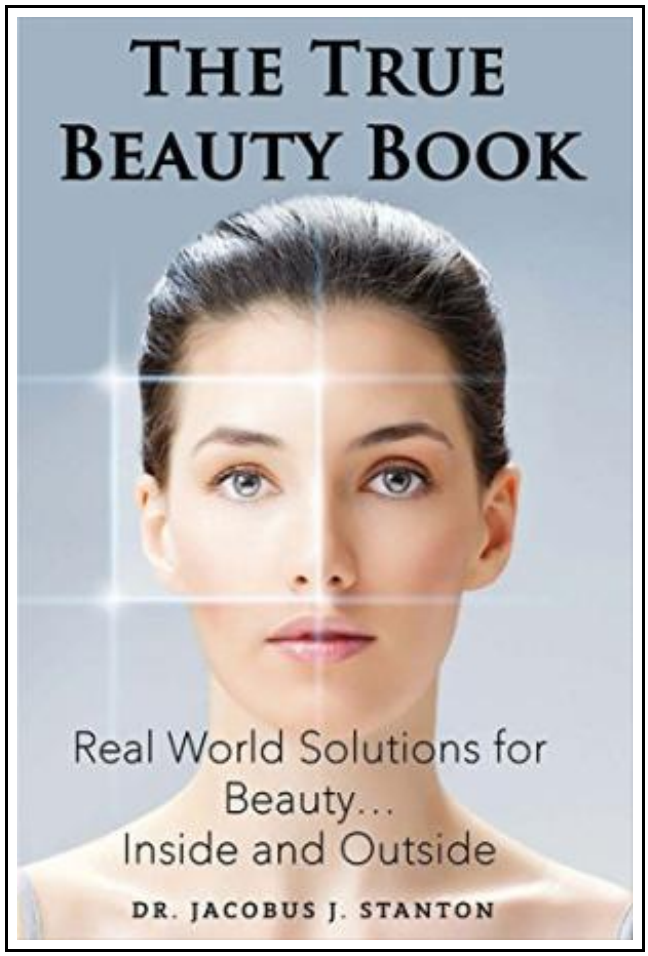
The True Beauty Book: Real World Solutions for Beauty.Inside and Outside. (Paperback)



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THE TRUE BEAUTY BOOK: REAL WORLD SOLUTIONS FOR BEAUTY.INSIDE AND OUTSIDE. (PAPERBACK)

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BookBaby, United States, 2016. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. The True Beauty Book is designed to bring perspective to the whole idea of beauty. The general public is bombarded daily with surface presentations of mass marketed beauty. The wise person has the choice to choose to turn away from the surface presentations and look to a more reliable locale: inside themselves. The book explores the different facets of inner beauty. It will be found through the practice of self acceptance, through balance and emotional well-being, through changes in our perception of beauty,(even long held perceptions), and through self-care. The goal is to understand that inner beauty is something that can be groomed as easily as outward beauty. In fact, when you make inner beauty a daily practice, one realises that you can only grow more beautiful (rather than less) with the passage of time. A writer once said, With more time on this magnificent planet can come wisdom, emotional maturity, spiritual growth. each stage of life offers us beautiful opportunities to experience our own inner and outer beauty. The book explores the many ways to groom inner beauty to ensure that the readers s is the truest beauty possible. Sharing one s beauty encourages others to do the same. Author Marion Williamson said, When you allow your own light to shine, you unconscious allow others to do the same . And that might be the best view on beauty - the type of beauty that just creates more and more of it in everyone else. Relationships are also part of true beauty, and when one cultivates one s inner beauty, you become capable of relationships that produce nothing but positive emotions. The first chapter of the book starts with a saying...

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