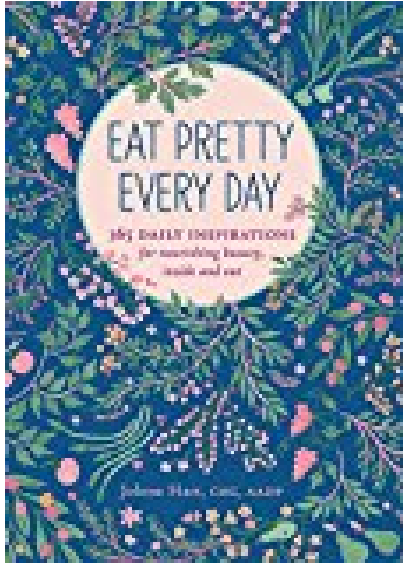


Eat Pretty Every Day 365 Daily Inspirations for Nourishing Beauty Inside and Out



BOOK DETAILS

- Author : Jolene Hart
- Pages : 352 Pages
- Publisher : Chronicle Books
- Language : English
- ISBN : 1452151628

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BOOK SYNOPSIS

Breakout hit Eat Pretty continues to win over audiences of all ages with its groundbreaking and user-friendly exploration of beauty nutrition. The authors hotly anticipated new book welcomes existing fans and newcomers alike, presenting 365 bite-size daily readings that make it easy to put beauty nutrition know-how to use in everyday life. Organized by the four seasons, the readings explore every aspect of what it means to eat pretty, offering simplified nutritional science, seasonal recipes, motivating goals and challenges, self-care exercises, and uplifting "mealtime mantras." Providing the dedicated support of a personal wellness coach at a fraction of the cost, Eat Pretty Every Day is for women of all ages who want to learn the secrets to living well.

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