



Gorgeous for Good: A Simple 30-Day Program for Lasting Beauty – Inside and Out

Sophie Uliano

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It's fair to say that the beauty business is booming—as is the anti-aging industry. Each year, Americans spend more than \$30 billion on cosmetics, and, globally, we spend about \$260 billion on services and products to enhance our youth. Accompanying the decisions we make around our beauty comes the ever important question of whether to go fake or natural. Do we resort to the latest commercial chemical or surgical quick fix or go completely organic but possibly get less stunning results? Clean beauty guru and *New York Times* best-selling author of *Gorgeously Green*, Sophie Uliano offers a solution to this latest beauty dilemma and says you don't have to choose, and when you look at her, you can tell she has more than a few good secrets.

Unlike other books, *Gorgeous for Good* takes the middle ground between natural and fake. Rather than focusing on these extremes, Sophie looks at what truly healthy options actually work—and it isn't necessarily what people might think. In addition, she lays out a beauty perspective that focuses on helping readers create their own unique beauty—inside and out. With her exceptional combination of passionate research and everywoman commonsense, she puts forth a revolutionary, holistic program that covers everything from nutrition to self-care to spiritual connection and includes:

- Well-researched, myth-busting information about commercial and natural beauty products
- Simple guidelines for buying the best skin care products, and easy recipes for cost-saving beauty products to make at home
- Healthy, budget-friendly recipes for food to kick start the new you
- Exciting ways to get spiritually connected

In her girl-next-door voice, Sophie brings all of this together in an innovative 30-day Gorgeous for Good program, offering readers tools for a body-and-soul beauty regimen that will help them stay gorgeous—not for six months or a year—but for good!

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This Gorgeous for Good: A Simple 30-Day Program for Lasting Beauty – Inside and Out is great guide for you because the content which is full of information for you who have always deal with world and have to make decision every minute. That book reveal it data accurately using great organize word or we can say no rambling sentences in it. So if you are read the item hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but tricky core information with lovely delivering sentences. Having Gorgeous for Good: A Simple 30-Day Program for Lasting Beauty – Inside and Out in your hand like obtaining the world in your arm, details in it is not ridiculous 1. We can say that no publication that offer you world inside ten or fifteen tiny right but this guide already do that. So , this really is good reading book. Hey there Mr. and Mrs. stressful do you still doubt this?

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