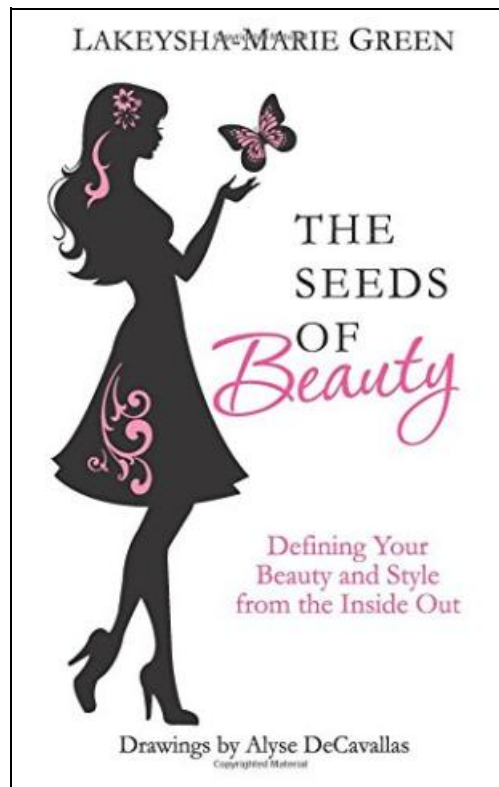


## The Seeds of Beauty: Defining Your Beauty and Style from the Inside Out



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## THE SEEDS OF BEAUTY: DEFINING YOUR BEAUTY AND STYLE FROM THE INSIDE OUT



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Createspace, United States, 2013. Paperback. Book Condition: New. Alyse Decavallas (illustrator). 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What s the real secret of radiant beauty? It may come as no surprise that how we look on the outside is directly connected to the beauty deep inside us. What s more, when we are imbalanced with the weight of low self-esteem, it s all-too-visible in our physical appearance. That s why every truly successful makeover begins by reconnecting with who we are at our very core-long before the swipe of the credit card or snip of the shears. Now, fashion stylist Lakeysha-Marie Green has written a groundbreaking new guide to developing show-stopping beauty from the inside out. Inspirational and easy to use, The Seeds of Beauty seamlessly joins the key elements of inner beauty with savvy, expert advice on making the most of your own physical attributes. In Part One, Beauty Within, you ll learn how to build a foundation of self-love, exploring subjects such as acknowledging your value, developing resilience and finding the courage to move forward. Part Two, Beauty Reflected, offers you practical advice on wardrobe fundamentals to bring out your beauty and create a winning style. By combining these equally important aspects of true beauty, this gorgeous resource comes together in one illuminating journey that looks as fabulous as it feels. The Seeds of Beauty challenges you to discover just why you are uniquely beautiful on the inside. Once you have embraced your own brand of beauty, you ll be truly motivated to master the building blocks to accentuate your appearance-and glow with your own exquisite beauty from the inside out.



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