



## **Eat Pretty Every Day: 365 Daily Inspirations for Nourishing Beauty, Inside and Out**

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

*Jolene Hart*

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352 pages

Présentation de l'éditeur

Breakout hit EAT PRETTY continues to win over audiences of all ages with its groundbreaking and user-friendly exploration of beauty nutrition. This hotly anticipated follow-up welcomes existing fans and newcomers alike, presenting 365 bite-size daily readings that make it easy to put beauty nutrition know-how to practice in everyday life. Organised 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' that prompt self-reflection throughout the day all in a gorgeous, colourful package. Providing the dedicated support of a personal wellness coach at a fraction of the cost, EAT PRETTY EVERY DAY is a delightful practical resource and the perfect gift for girlfriends who want to learn the secrets to living well.

Biographie de l'auteur

Jolene Hart is the author of EAT PRETTY and EAT PRETTY, LIVE WELL. She is a beauty and health coach, certified by the Institute for Interactive Nutrition and the American Association of Drugless Practitioners. As a journalist and beauty editor for national and international publications such as InStyle, People, Allure, Organic Spa and Prevention, Jolene spent years searching for products and treatments to solve her own beauty issues before developing the inside-out approach found in EAT PRETTY. In 2010, she founded Beauty Is Wellness, a pioneering coaching practice designed to give women of all ages the tools to create a unique, healthy lifestyle of beauty. She lives in Philadelphia.

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