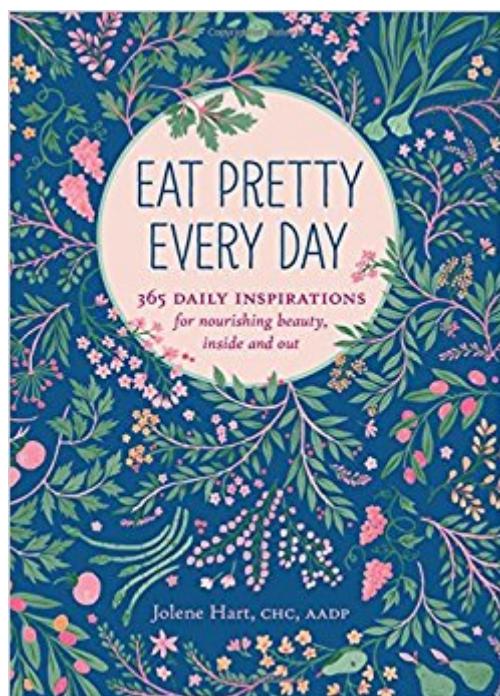


The book was found

Eat Pretty Every Day: 365 Daily Inspirations For Nourishing Beauty, Inside And Out



Synopsis

Breakout hit Eat Pretty continues to win over audiences of all ages with its groundbreaking and user-friendly exploration of beauty nutrition. The author's 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.

Book Information

Paperback: 352 pages

Publisher: Chronicle Books (October 25, 2016)

Language: English

ISBN-10: 1452151628

ISBN-13: 978-1452151625

Product Dimensions: 5 x 0.9 x 7 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 31 customer reviews

Best Sellers Rank: #14,287 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Style & Clothing #217 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

"Eat Pretty Every Day is a wonderful way to jumpstart a year of beautiful choices, from meals to mindset to self-care." â " Frank Lipman, MD, author of 10 Reasons You Feel Old and Get Fat" This book of beauty-boosting inspirations looks at mind, body and spirit for the secrets to a healthy glow." â " Jessica Richards, former Vogue stylist and founder of Shen Beauty" Another stunning book from the gorgeous Jolene Hart. Eat Pretty Every Dayâ "yes please!"â " Sophie Uliano, New York Times best-selling author of Gorgeously Green, and Gorgeous for Good; natural beauty & eco-living expert" Jolene Hart's life's work is to make yours better, and this book will do just that. It will take you through the year with a new outlook: that wellness means making healthy and nourishing choices regularly, and that the benefits you get from them will build over time. Her daily tips are thoroughly researched, smart, and easy to do. If you want more glow and a greater sense of inner peace, this

is a perfect place to start." -Siobhan O'Connor, Co-Author of *No More Dirty Looks* and Health Director at TIME Magazine "Eat Pretty Every Day is a true treasure. The impressive diversity and depth of Jolene's wisdom is beautifully illustrated through hundreds of simple, practical, yet powerful, ideas. This little book is hugely inspiring and invaluable to anyone who appreciates a healthy, holistic approach to beauty and wellness. Jolene's delicious recipes, self-care practices and wellness tips will empower you to nourish your mind, body and beauty each and every day!" â " Rebecca Casciano, Makeup Artist, Natural Beauty Expert, and Creator of the Sacred Beauty Salon Series "Eat Pretty Every Day is what all beauty books should be: real information without any fluff. Marketing speak has made us so confused about what to do and eat to feel better and look great, but it's all right here, in Jolene's book. It's so much information presented in a way that is simple and achievable. I've been flipping through it on the daily!" â " Adina Grigore, founder of SW Basics of Brooklyn and author of *Skin Cleanse*

Jolene Hart, CHC, AADP is a Health Coach, certified by the Institute for Integrative Nutrition and the American Association of Drugless Practitioners, and founder of the pioneering beauty coaching practice *Beauty Is Wellness*. A former magazine beauty editor, her beauty and health writing has appeared in a range of national and international publications, including *InStyle*, *Allure*, *Organic Spa*, *Delicious Living*, and *The Huffington Post*. She lives in Philadelphia, Pennsylvania.

Such a cute book with such useful information! Love Jolene Hart's work.

Great book for self and as gifts. Beautifully done.

Love it

Love Jolene Hart and all of her books!

I love it!

Whenever I am feeling unmotivated to eat healthy, this book always gets me going. It is also simply so cute, and girly, I love it!

This is such an adorable, easy to read book. I just wish I had more time to DO the recommendations

she has. Work gets in the way.

It's a perfect little insightful read first thing in the morning.

[Download to continue reading...](#)

Eat Pretty Every Day: 365 Daily Inspirations for Nourishing Beauty, Inside and Out Eat Pretty Live Well: A Guided Journal for Nourishing Beauty, Inside and Out Eat Pretty: Nutrition for Beauty, Inside and Out The Must Have 2017 Sudoku Puzzle Book: 365 daily sudoku puzzle book for 2017 sudoku. Sudoku puzzles for every day of the year. 365 Sudoku Games - 5 levels of difficulty (easy to hard) Hugs Daily Inspirations for Women: 365 devotions to inspire your day (Hugs Series) The Pretty Dish: More than 150 Everyday Recipes and 50 Beauty DIYs to Nourish Your Body Inside and Out The Nourishing Traditions Cookbook for Children: Teaching Children to Cook the Nourishing Traditions Way Every Day Light : Daily Inspirations The Confident Woman Devotional: 365 Daily Inspirations Power Thoughts Devotional: 365 Daily Inspirations for Winning the Battle of the Mind Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Pope Francis: Daily Inspirations 2018 Boxed/Daily Calendar (CB0259) Pope Francis: Daily Inspirations 2017 Boxed/Daily Calendar Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Eat Smart: What to Eat in a Day--Every Day Season's Best Weddings: Spring 2017 Design Decor Floral Inspirations Gorgeous Style Ideas and Inspirations Through Prose, Quotes, Wedding Guest Book ... Bridal Shower Games Bridal Shower Decorations Crafting: 365 Days of Crafting: 365 Crafting Patterns for 365 Days (Crafting Books, Crafts, DIY Crafts, Hobbies and Crafts, How to Craft Projects, Handmade, Holiday Christmas Crafting Ideas) Together with God: Psalms: A Devotional Reading for Every Day of the Year from Our Daily Bread (365 Series) Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Crochet: 365 Days of Crochet: 365 Crochet Patterns for 365 Days (Crochet, Crochet Patterns, DIY Crochet, Crochet Books, Crochet for Beginners, Crochet Afghans, Crochet Christmas, Holiday Crochet)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help