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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

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Customer Reviews

"*Eat Pretty Every Day* is a wonderful way to jumpstart a year of beautiful choices, from meals to mindset to self-care." — 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." — Jessica Richards, former Vogue stylist and founder of Shen Beauty "Another stunning book from the gorgeous Jolene Hart. *Eat Pretty Every Day* — 'yes please!'" — 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.

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