



You Being Beautiful - The Exclusive Edition For Staying Young - The Owner's Manual To Inner & Outer Beauty

By Michael F. Roizen, Mehmet C. Oz

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You Being Beautiful - The Exclusive Edition For Staying Young - The Owner's Manual To Inner & Outer Beauty By Michael F. Roizen, Mehmet C. Oz

We may not like to admit it, but we think about how we look every single day. Many times a day. When we step out of the shower. When we pass a mirror or a storefront window. When we see an actress on the TV screen. How we look to ourselves and how we appear to the world around us is important to us. It's often on our minds. And that's OK. While it may seem a little superficial, it's really just part of being human. Scientists say that our innate drive to look attractive, fit, and healthy is rooted in our DNA. And that makes complete sense. When you look good outside, you feel good inside. When you feel good inside and out, your body is healthier. A healthier, more attractive body is one that performs better in all aspects of life, including on the job and in relationships. And consider this: A fit and healthy body is actually biologically younger than one that's flabby and out of shape, as co-author Dr. Michael F. Roizen has demonstrated in his books and website RealAge.com. So, here's a question for YOU: What are you going to do this year to change how you look, feel, and live for the better? You have the power to do it within you. Dr. Roizen and Dr. Oz have the tools to help you along this path and make it both fun and easy. It's all in YOU Being Beautiful. YOU Being Beautiful is a personal guide and lifestyle action plan that gives you the tools to change your life. This exclusive edition-not available in stores-is packed with tips, tricks, and techniques that have worked wonders for our patients and readers of our popular guides. It presents an easy-to-do, FEEL-AWESOME plan that will:

- Strip away belly fat.
- Smooth out the wrinkles.
- Energize your body and mind.
- Help you live longer, healthier, and happier!

YOU BEING BEAUTIFUL is not only practical but fun to read. Dr. Roizen and Dr. Oz have worked to cut through confusing health information that baffles most patients by using homespun wisdom and wit. You'll enjoy learning more amazing facts about your body and how it works. Most of all, you'll break wide open the stereotypes about how society defines beauty-so you'll feel good inside and out.

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- Sales Rank: #642215 in Books
- Published on: 2012
- Number of items: 1
- Dimensions: 1.00 pounds
- Binding: Hardcover
- 456 pages

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Armando Mosley:

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Jack Morgan:

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