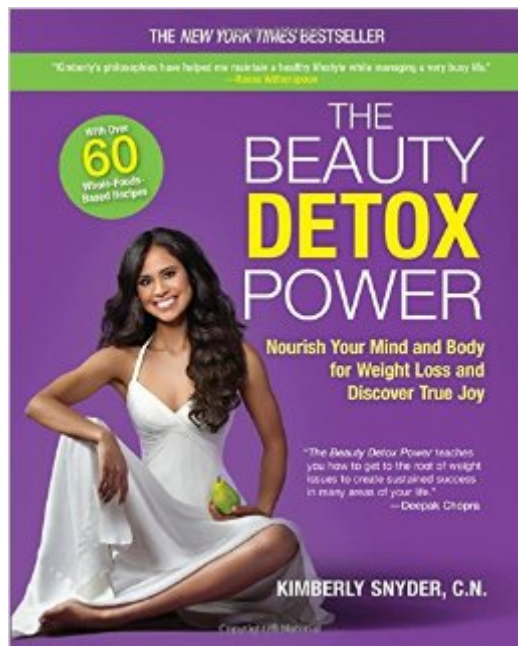


The book was found

The Beauty Detox Power: Nourish Your Mind And Body For Weight Loss And Discover True Joy



Synopsis

One of Well+Good's 9 Best Wellness Books of 2015As Hollywood's go-to nutritionist and New York Times bestselling author of The Beauty Detox Solution and The Beauty Detox Foods, Kimberly Snyder knows that there is so much more to being truly healthy and achieving and maintaining weight loss than counting calories and working out. The secret is aligning your mind and body. In The Beauty Detox Power, she shares the diet and lifestyle changes that are the foundation of her signature program and will nourish your mental and emotional well-being.Â Heal your mind and body to let go of excess weightÂ Discover and conquer the root of specific food cravingsÂ Overcome plateaus and blocks to gain inner and outer beautyÂ Balance your mind and body with over 60 recipes for youthful vitality, health and glow.Â The Beauty Detox Power is filled with revolutionary advice, inspiring personal stories, and powerful tips and tools. Embrace your true power to create your best body, beauty and life.

Book Information

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (180 customer reviews)

Best Sellers Rank: #8,818 in Books (See Top 100 in Books) #25 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #78 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #140 inÂ Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

I have followed Kimberly Snyder since her first book, The Beauty Detox Solution: Eat Your Way to Radiant Skin, Renewed Energy and the Body You've Always Wanted. When I read that book, it honest-to-God changed my life. I was pregnant with my second child--so, not a good time for radical dietary changes--but I did manage to make a few adjustments to my diet that helped me legitimately FEEL better on a day-to-day basis. For example, I ate less dairy, I ate fruit on an empty stomach, I made sure to eat veggies before each meal, and I upped my green vegetable intake considerably.

Because of her recommendations, my last two pregnancies were heartburn-free! Despite the fact that Snyder's second book, *The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You*, didn't really wow me, I was very eager to read her third book, *The Beauty Detox Power*. I didn't know what to expect, honestly. Would it be more of the same? Could she really add anything new to the conversation she started in *Beauty Detox Solution*? Well, within the first few pages of this book, I knew it was something different, something special even. This book is much more personal than her other two. She still follows the same format of sharing client stories throughout in order to illustrate her points, yes.

I have Kimberly Snyder's second book *The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You* and just love it, and so I was excited to receive an advance copy of this new book as part of 's Vine program since I was going to buy it anyway. Whether you're new to Kimberly's philosophies or already familiar with them, you'll find a lot of new, interesting information in this third book of hers. The overall focus is not so much on specific recipes, but rather on cultivating happiness and beauty in all aspects of our lives.

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