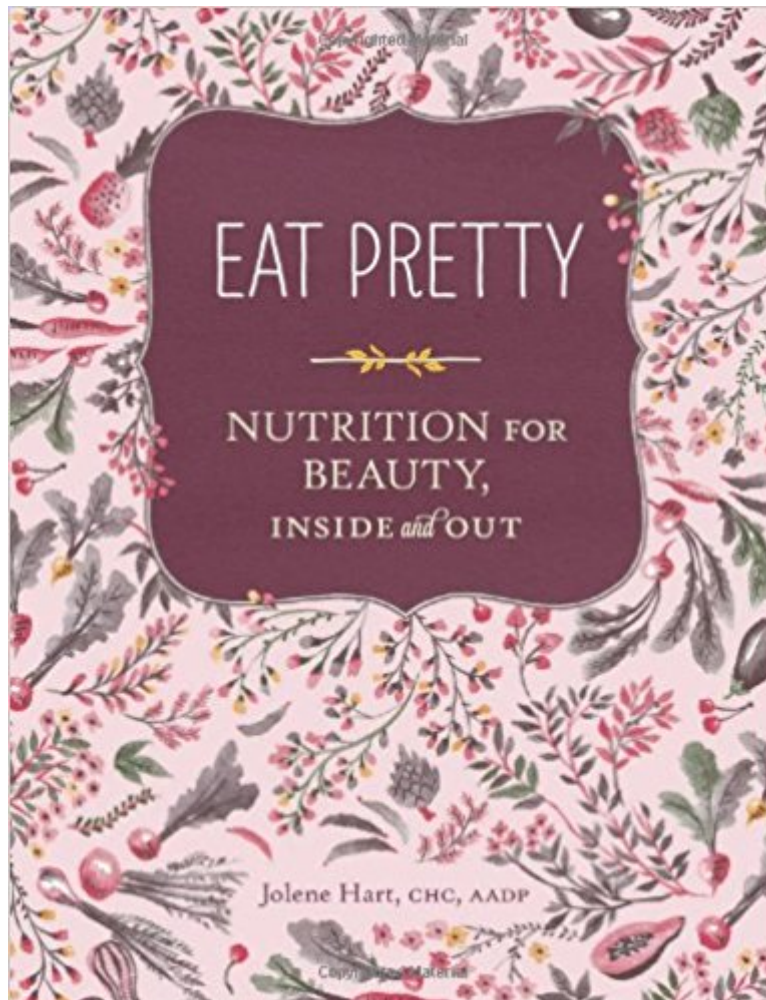




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Eat Pretty: Nutrition For Beauty, Inside And Out



Synopsis

Nutrition is the fastest-rising beauty trend around the world. Eat Pretty simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. Eat Pretty offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful package—•in the kitchen, at the grocer, and on the go.

Book Information

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Customer Reviews

"Eat Pretty is a gorgeous and inspirational book about the fundamentals of true beauty. Jolene Hart gives us the gift of her nutritional expertise, made accessible by her every girl voice - and made pretty by the stunning page design. A must-read for every woman who wants to glow."- Sophie Uliano, New York Times best-selling author of Gorgeously Green"The new mind-body manual."- Style.com"That beautiful glow you get from your green smoothies? Eat Pretty has it down to a science. This book has everything you need to boost the pretty in your plant-based diet." - Kris Carr, New York Times best-selling author, Crazy Sexy Kitchen"Jolene's book is a fascinating guide to daily health and beauty for the modern woman, packed with useful and practical info. I've loved reading it and would recommend it to anyone who is looking to glow from the inside out."- Tata Harper, Founder, Tata Harper Skincare"Eat Pretty is an inspirational collection of wisdom,

promoting a healthy and happy relationship with your beautiful body. Opting for only healthy and real delicious options, the ingredients in this book are multi-beneficial foods that can change your whole life." - Candice Kumai, four-time New York Times best-selling author, food writer and food & nutrition expert at Cosmo Body"Certified beauty and health coach Jolene Hart's Eat Pretty is the ultimate guide to eating to feel and look your best."-Beautylish.com"Eat Pretty is a gorgeous book that reveals the latest research-based ageless secrets of true beauty from the inside out and outside in throughout the seasons of the year and seasons of life. Beauty-full reading to last a lifetime."- Ann Louise Gittleman, Ph.D., CNS, New York Times bestselling author of The Fat Flush Plan and The Living Beauty Detox Program

Jolene Hart is a beauty and health coach certified by the Institute for Integrative Nutrition and the American Association of Drugless Practitioners. Her work has appeared in InStyle, People, Allure, and Organic Spa. She lives in Philadelphia, Pennsylvania.

Great book. Easy to read. Informative and fun.

Some helpful, healthful information - not quite done with reading through it yet. Very good for people interested in nutrition for their health as well as inner and outer beauty.

I loved how knowledgeable the author was while writing this book. Although it seems redundant at times I think I could read this book 3 times over and still be bettering myself with each read. Will be reading again!

It felt almost like reading a health ad rather than getting health info. While the information was there, it felt almost like a seminar to sell a product rather than educate you.

This book is full of so much information! I especially loved the lists of seasonal foods and the different aspects of health addressed. Perfect for educating yourself on more everyday nutrition.

I love this book! It's very informative, well written and most attractive. It's also a great reference after reading cover to cover. I've purchased numerous copies for thank and hostess gifts.

Great book!

I really do like this book. It is very clear and concise and filled with personality and positivity. The recipes are good and the advice is sound. I do wish there were more recipes though particularly for vegetables and fish. I would certainly suggest this to a friend! I love how she divided it up by season. She has also completely won me over on her coconut oil argument and I now exclusively use coconut and extra virgin olive oil and I drink lemon water every day. My skin is better, my health is better and I just plain feel better.

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