



# The Truth About Beauty: Transform Your Looks And Your Life From The Inside Out

*Kat James, Oz Garcia*

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The Truth about Beauty is a revolutionary guide to transforming your shape, your looks, and your life without drugs, deprivation, sweat, or surgery. Renowned holistic beauty expert and health advocate Kat James introduces pro-beauty lifestyle upgrades that will help readers shed the toxic mindsets and popular regimens that sabotage our bodies, and recreate ourselves from the inside-out with stunning physical rewards. Backed by current science and based on the author's own remarkable transformation, this indispensable resource will help readers:

- \* Discover the three crucial elements missing from standard beauty and body approaches
- \* Learn why chemistry counts more than calories
- \* End food cravings and reshape their body
- \* Reverse wrinkles without acids and conquer chronic skin issues without drugs
- \* Convert dozens of autopilot routines into powerfully transforming beauty rituals

The book includes an extraordinary Resource Guide filled with the most affordable and appealing science-backed solutions that maximize your vitality and quality of life.

Kat James's advice has been featured on Today and MSNBC and in Vogue, O, Self, and Seventeen. Her clients have included both everyday women and celebrities such as Sarah Jessica Parker and Kate Hudson. She is a regular columnist for Better Nutrition and founder of the science-based Web site, InformedBeauty.com.



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