



You: Being Beautiful: The Owner's Manual to Inner and Outer Beauty

By Michael F Roizen, Mehmet Öz

Scribner Book Company, United States, 2012. Paperback. Book Condition: New. 230 x 188 mm. Language: English . Brand New Book. Most people think that beauty revolves around such things as lipstick, sweet eyes, or skinny jeans -- all those things that we can see (and obsess over) in the mirror. But the fact is that beauty isn't some superficial pursuit, and it's not some random act that you can thank (or curse) your ancestors for. There are, in fact, scientific standards to beauty. Beauty is purposeful, because it's how humans have historically communicated who we are to potential mates. Beauty, in fact, is really about your health and happiness. In this groundbreaking book, Dr. Michael F. Roizen and Dr. Mehmet C. Oz bust the myths and stereotypes about the way we view ourselves -- and how we define beauty. In these pages, you'll find out why beauty isn't as much about your vanity as it is about your humanity. The doctors take a scientific, informative, and entertaining look at the three levels of beauty and explain how they all work together to form a complete and authentic YOU. Those three levels of beauty are: Looking...



READ ONLINE
[6.21 MB]

Reviews

Most of these publication is the ideal ebook readily available. it was actually writtern very flawlessly and beneficial. I discovered this book from my i and dad suggested this book to find out.

-- **Prof. Lavern Brakus**

Extensive guide! Its this kind of excellent read through. it absolutely was writtern very perfectly and helpful. Your way of life period is going to be change when you complete reading this ebook.

-- **Murphy Dooley**