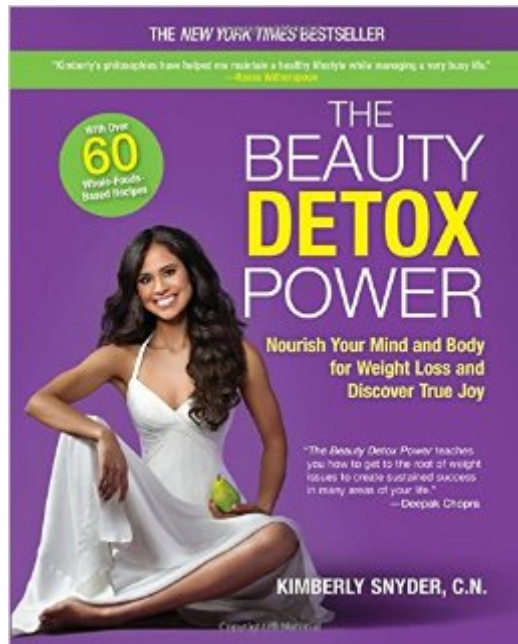


The book was found

# 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

Paperback: 320 pages

Publisher: Harlequin (March 31, 2015)

Language: English

ISBN-10: 0373893183

ISBN-13: 978-0373893188

Product Dimensions: 7.3 x 0.9 x 9.1 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

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.

[Download to continue reading...](#)

*The Beauty Detox Power: Nourish Your Mind and Body for Weight Loss and Discover True Joy* *Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260)* *Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book)* *Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)* *Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,)* *Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)* *Aim True: Love Your Body, Eat Without Fear, Nourish Your Spirit, Discover True Balance!* *The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You* **DETOX SECRET & WEIGHT LOSS SMOOTHIES: Detox Secret & Weight Loss Smoothie Recipes for Everyone Who Want to Be Slim** *Superfoods Today* *Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies* *Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss* *Diabetes, Detox Green Cleanse for*

Weight Loss Energy Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included True Ghost Stories And Hauntings: Horrifying True Paranormal Hauntings From The Last 300 Years: Creepy True Ghost Stories And Accounts (True Ghost Stories, True Paranormal, Bizarre True Stories) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners)

[Dmca](#)