



YOU: Being Beautiful (An Abridged Production)[5-CD Set]; The Owner's Manual to Inner and Outer Beauty

Michael (Author); Roizen

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Your All-Inclusive Ticket into the Real World of Beauty Most people think that beauty revolves around all those things that we can see in the mirror. But the fact is that beauty isn't some superficial pursuit. In this groundbreaking work, Dr. Michael Roizen and Dr. Mehmet Oz explain how beauty is really about your health and happiness. Busting the myths about how we view ourselves, they take a scientific, informative, and entertaining look at how the three levels of beauty work together to form a complete, and authentic YOU: -Looking Beautiful: Your appearance influences your health and self-esteem; here, the docs will tell you how you can look the way you want. -Feeling Beautiful: The docs will tell you how to improve your energy levels, beat back your life-altering aches and pains, and help you come to grips with some of life's toughest stresses. -Being Beautiful: By improving your relationships with your loved ones as well as with others, you'll be well on your way to finding true happiness.

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