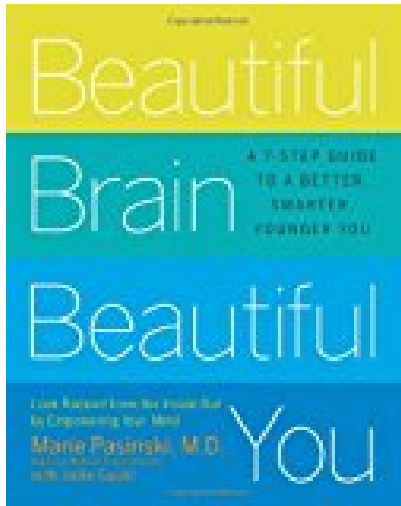


Beautiful Brain Beautiful You Look Radiant from the Inside Out by Empowering Your Mind



BOOK DETAILS

- Author : Marie Pasinski
- Pages : 256 Pages
- Publisher : Hachette Books
- Language : English
- ISBN : 1401341489

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BOOK SYNOPSIS

Unlock the adult brains surprising potential--and look radiant from the inside out! Have you lost your healthy glow and that sparkle in your eyes? Is it becoming harder to recall names, faces, and where you left your keys? Has your life become routine? Are you so overwhelmed by work, family, finances (or all three) that you feel exhausted at the end of every day? If you answered "yes" to one or more of these questions, chances are you are in need of a brain/beauty makeover! Beautiful Brain, Beautiful You is for any woman who suffers from "Bad Brain Days." Harvard neurologist Marie Pasinski, M.D., gives women lifestyle advice proven to help them look younger and healthier without a trip to the cosmetic counter or plastic surgeon. Dr. Pasinski will show you how to tap into your brains remarkable ability to change and redesign itself, giving you better mental clarity, as well as more energy and confidence. She will reveal how a sharper, stronger, and healthier brain can transform your life--at home, at work, and at play. By following the simple steps in Dr. Marie Pasinskis program, you will: discover why your brain is the essence of your beauty lose weight, sleep better, get fit make "Mommy Brain" or "Senior Moments" a thing of the past feel rejuvenated and more energized experience a new sense of control over your body and mind reveal the inner joy that comes from a beautiful brain Beautiful Brain, Beautiful You explains why beauty begins from the inside out. When your brain isnt at its best, you cant look your best. With its inspiring, easy-to-follow program and compelling scientific evidence, this breakthrough book will help you think, look, and feel ten years younger.

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