



Eat Pretty: Nutrition for Beauty, Inside and Out

By Jolene Hart

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Nutrition is the fastest-rising beauty trend around the world. *Eat Pretty* simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like *antioxidants*, *biotin*, and *omega-3s* are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. *Eat Pretty* offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful package—in the kitchen, at the grocer, and on the go.

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Editorial Review

Review

"*Eat Pretty* is a gorgeous and inspirational book about the fundamentals of true beauty. Jolene Hart gives us the gift of her nutritional expertise, made accessible by her every girl voice - and made pretty by the stunning page design. A must-read for every woman who wants to glow."

- **Sophie Uliano**, New York Times best-selling author of *Gorgeously Green*

"The new mind-body manual."

- **Style.com**

"That beautiful glow you get from your green smoothies? *Eat Pretty* has it down to a science. This book has everything you need to boost the pretty in your plant-based diet."

- **Kris Carr**, New York Times best-selling author, *Crazy Sexy Kitchen*

"Jolene's book is a fascinating guide to daily health and beauty for the modern woman, packed with useful and practical info. I've loved reading it and would recommend it to anyone who is looking to glow from the inside out."

- **Tata Harper, Founder, Tata Harper Skincare**

"*Eat Pretty* is an inspirational collection of wisdom, promoting a healthy and happy relationship with your beautiful body. Opting for only healthy and real delicious options, the ingredients in this book are multi-beneficial foods that can change your whole life."

- Candice Kumai, four-time New York Times best-selling author, food writer and food & nutrition expert at Cosmo Body

"Certified beauty and health coach Jolene Hart's *Eat Pretty* is the ultimate guide to eating to feel and look your best."

- **Beautylish.com**

"*Eat Pretty* is a gorgeous book that reveals the latest research-based ageless secrets of true beauty from the inside out and outside in throughout the seasons of the year and seasons of life. Beauty-full reading to last a lifetime."

- **Ann Louise Gittleman, Ph.D., CNS**, New York Times bestselling author of *The Fat Flush Plan* and *The Living Beauty Detox Program*

About the Author

Jolene Hart is a beauty and health coach certified by the Institute for Integrative Nutrition and the American Association of Drugless Practitioners. Her work has appeared in *InStyle*, *People*, *Allure*, and *Organic Spa*. She lives in Philadelphia, Pennsylvania.

Users Review

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Sherry Stevens:

What do you think about book? It is just for students since they're still students or the item for all people in the world, what the best subject for that? Merely you can be answered for that question above. Every person has several personality and hobby for every other. Don't to be obligated someone or something that they don't desire do that. You must know how great along with important the book Eat Pretty: Nutrition for Beauty, Inside and Out. All type of book would you see on many methods. You can look for the internet solutions or other social media.

James Cooper:

Information is provisions for anyone to get better life, information today can get by anyone in everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider whenever those information which is inside former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one the resource are convinced. If you find the unstable resource then you obtain it as your main information we will see huge disadvantage for you. All those possibilities will not happen within you if you take Eat Pretty: Nutrition for Beauty, Inside and Out as the daily resource information.

Harley Campbell:

Playing with family in a park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, subsequently why you don't try matter that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Eat Pretty: Nutrition for Beauty, Inside and Out, you can enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

Ruth Ford:

That guide can make you to feel relax. This kind of book Eat Pretty: Nutrition for Beauty, Inside and Out was colorful and of course has pictures on there. As we know that book Eat Pretty: Nutrition for Beauty, Inside and Out has many kinds or category. Start from kids until young adults. For example Naruto or Investigator Conan you can read and feel that you are the character on there. Therefore not at all of book usually are make you bored, any it offers up you feel happy, fun and rest. Try to choose the best book to suit your needs and try to like reading that.

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