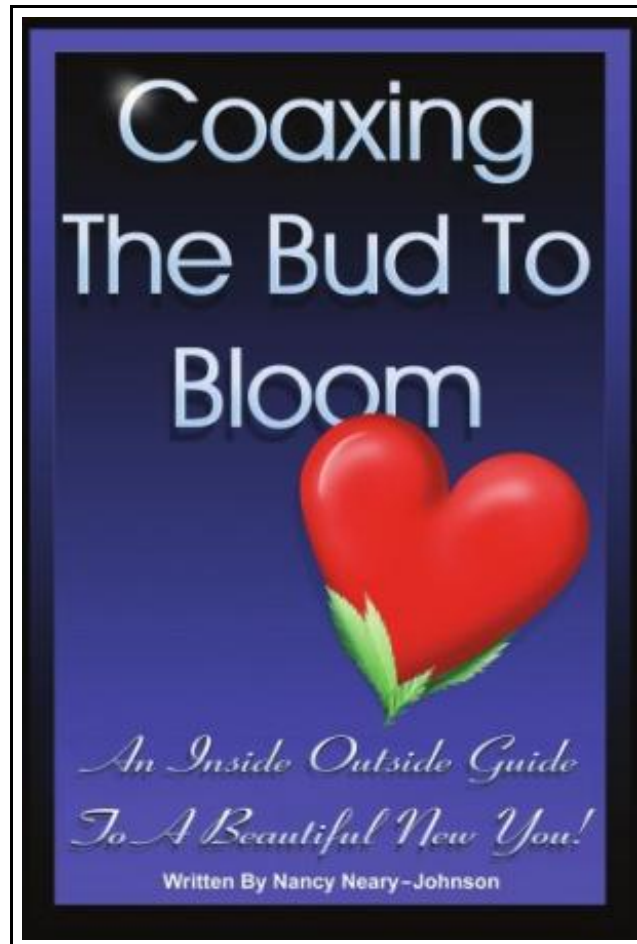


Coaxing the Bud to Bloom: An Inside Outside Guide To a Beautiful New You! (Paperback)



Filesize: 4.09 MB

Reviews

This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.


(Junius Herman)

COAXING THE BUD TO BLOOM: AN INSIDE OUTSIDE GUIDE TO A BEAUTIFUL NEW YOU! (PAPERBACK)



AUTHORHOUSE, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.With devotion to changing women s perceptions of their body image, Nancy Neary-Johnson, along with co-authors Ann Marie Campbell and Tricia Neary, have written Coaxing the Bud to Bloom: An Inside Outside Guide to a Beautiful New You! This healing revelation can lead to a new evolution in the beauty trend of the new century. The healing begins with an inward journey that guides women to a new self-image. Self-evaluation exercises and quizzes lead the way. The first step builds confidence by teaching how to discover personal gifts and talents. Next, we explore how self-image is formed, and how to utilize this to form a positive perspective. After the inside is healed, the transformation of the outer beauty is ready to begin. Changing how women think about what is attractive will alter their perceptions of beauty. An attitude of concentrate on the positive and the flaws will fade is the credo. Techniques to enhance body shape and proportions are implemented through correct wardrobe choices. This is followed by color analysis, proper skin care, the art of cosmetic application and Face-ography -a system Nancy developed based on visual illusions. This system instructs on how to harmonize unfavorable features to camouflage them, and also contrast positive features to highlight them. For example, with the use of prints, patterns, jewelry, and accessories, the size and symmetry of features - even the appearance of skin texture - can be visually altered. Women are always searching for a new, fresh approach and answers to their fashion dilemmas. Use this book as your personal image consultant.

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