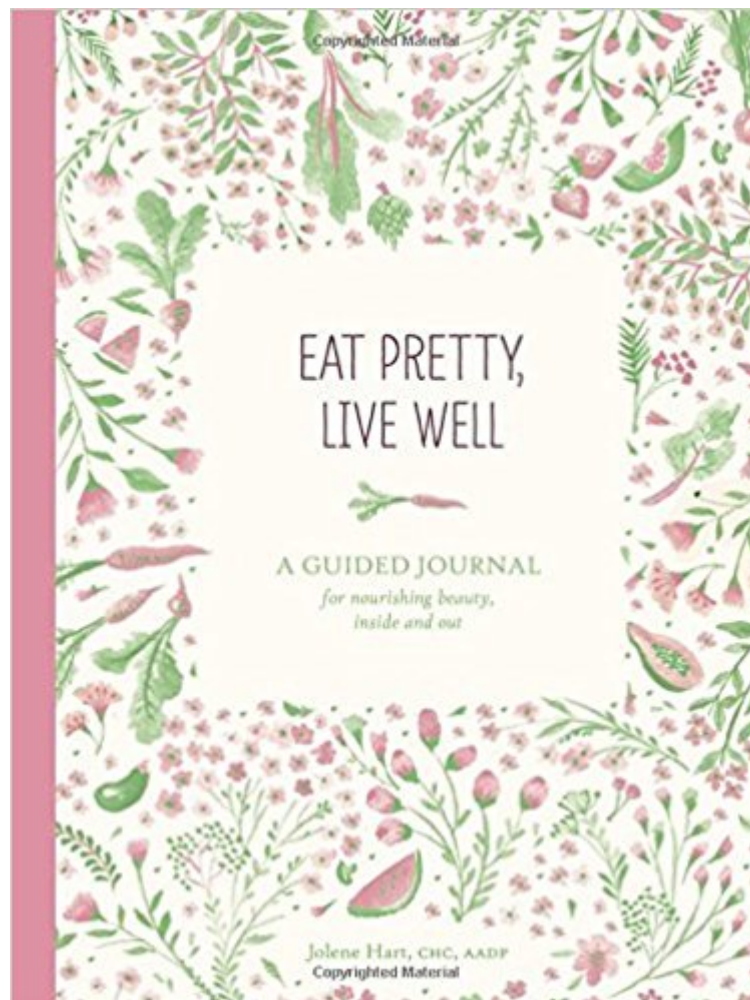




The book was found

Eat Pretty Live Well: A Guided Journal For Nourishing Beauty, Inside And Out



Synopsis

This companion journal to bestselling beauty nutrition guide Eat Pretty is an inspiring and innovative tool that invites fans and newcomers alike to put beauty nutrition know-how into practice. The dynamic format includes lively and informative overviews, fill-in trackers and checklists, thought-provoking Q&As, goal-setting guidance, prompts for self-reflection, and repeating spreads for monitoring 40 days of living and eating well—all in a gorgeous, illustrated package.

Book Information

Diary: 160 pages

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Customer Reviews

Jolene Hart is the author of Eat Pretty. She is a beauty and health coach, certified by the Institute for Integrative Nutrition and the American Association of Drugless Practitioners. As a journalist and beauty editor for national and international publications such as InStyle, People, Allure, and Organic Spa, Jolene spent years searching for products and treatments to solve her own beauty issues before developing the inside-out approach found in Eat Pretty. In 2010, she founded Beauty Is Wellness, a pioneering coaching practice designed to give women of all ages the tools to create their own unique, healthy lifestyle of beauty. She lives in Philadelphia.

I bought this journal as well as the main book. Great journal. Very inspiring and there are lots of things in here that I wouldn't even have thought about on my own. This is a very lovely journal with lots of insight and great tips. My only suggestion is to make another journal that just serves as a food diary that goes beyond the 40 days. I love the beauty nutrition daily checklist and other specifics like affirmations, foods I ate and energy levels. It would just be nice to have another book with this same

set up and more pages and even more tips. I love this author. She is very genuine and you can tell that she cares through her writing. I highly recommend this book and the main book.

My daughter has been using this. She initially rejected it when she saw the flowery cover. I thought maybe I would keep it for myself. As I leafed through the pages, I saw lists of foods that help with various ailments. I also noticed the food diary part also asks how a person feels at meal time. I showed it to my teen and she now loves the book!

I have Jolene Hart's Eat Pretty cookbook and I have used it extensively. I follow her social media pages as well and love everything she has to say. So it was a no-brainer to get this journal when it came out. It is just as pretty and eye catching as her cookbook. Pretty things motivate me =) May sound funny but it keeps my attention more than a plain black and white print book with no art. The journal is very interactive and the daily food diary is very useful. It may not be enough for the health enthusiast who already knows their stuff but I find it helpful and encouraging for me.

I love this journal. It provides a lot of valuable information about the health benefits of foods and takes a really positive approach to eating in a way that treats your body well. I don't generally like keeping track of my food, but this does it in a way that encourages eating for the good of your body, rather than meticulously counting calories. It really helps me to think about the cause and effects of what I put into my body.

An easy read with lots of good information. Only thing I'd like better is bigger text and in a more readable color. The light green is harder for older eyes. But I'd recommend.

I love using this book to document what I am eating, it even makes it easy when I don't want to put too much thought into what I'm eating, and can just refer to passed entries in this journal.

Wonderful tool for being more mindful. The tips and prompting were easy to follow and the pages are beautiful. Really enjoyed this one.

This book is really helpful if you are trying to eat healthier and just live a healthier life in general. It has tons of beauty tips and tricks, as well as sections to list what you eat and your goals. I am so glad I found it and recommend it to everyone!

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