



# **The Beauty Detox Power: Nourish Your Mind and Body for Weight Loss and Discover True Joy**

*Kimberly Snyder*

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### One of *Well+Good*'s 9 Best Wellness Books of 2015

As Hollywood's go-to nutritionist and *New York Times* bestselling author of *The Beauty Detox Solution* and *The Beauty Detox Foods*, Kimberly Snyder knows that there is so much more to being truly healthy and achieving and maintaining weight loss than counting calories and working out. The secret is aligning your mind and body. In *The Beauty Detox Power*, she shares the diet and lifestyle changes that are the foundation of her signature program and will nourish your mental and emotional well-being.

Heal your mind and body to let go of excess weight

Discover and conquer the root of specific food cravings

Overcome plateaus and blocks to gain inner and outer beauty

Balance your mind and body with over 60 recipes for youthful vitality, health and glow.

*The Beauty Detox Power* is filled with revolutionary advice, inspiring personal stories, and powerful tips and tools. Embrace your true power to create your best body, beauty and life.

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