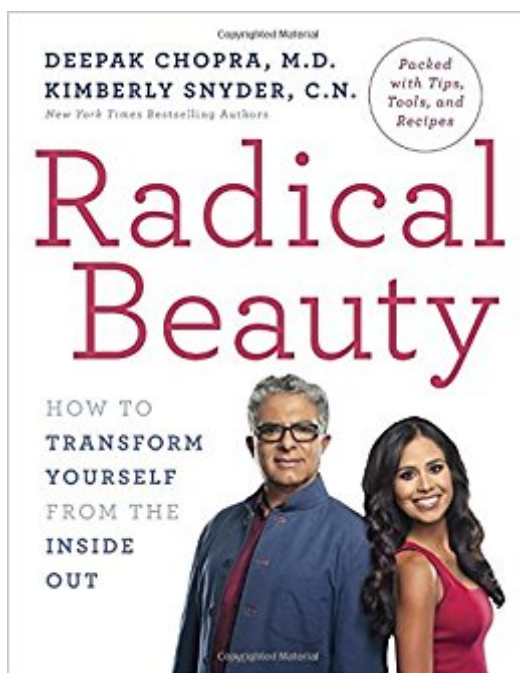


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# Radical Beauty: How To Transform Yourself From The Inside Out



## Synopsis

Instant New York Times Bestseller! Feel more beautiful, healthy, and energized than you have in years! Now, a revolutionary new way of helping you realize the true beauty that is your birthright! Deepak Chopra, a leading pioneer of integrative medicine and New York Times bestselling author of *What Are You Hungry For?*, and Kimberly Snyder, a Hollywood superstar nutritionist and New York Times bestselling author of *The Beauty Detox Solution*, offer an exciting and practical program to help transform you from the inside out. Through six pillars of healthy living that focus on internal and external nourishment, sleep, living naturally, avoiding excessive stress, and better understanding the relationship between emotions and inflammatory foods, the authors offer practical tips, tools, innovative routines, and foods that will allow you to achieve your highest potential of beauty and health. Here is the latest information on foods to support your metabolism and how to best promote circulation of beauty-boosting nutrients; the use of the most effective skin-care ingredients coupled with traditional Ayurvedic medicine; and how to work with your skin to balance your nervous system, thus slowing aging. Further, Chopra and Snyder will show you how positive emotion-based living and peace foster natural and timeless beauty. All of this comes together to help you in developing a more healthy body and mind, increasing your natural glow, magnetic presence, and radiant vitality. With powerful DIY home skin care and beauty remedies and treatments to address everything from acne to dry skin and wrinkles, techniques to promote your natural beauty by syncing with the power of rhythms found in nature, strategic dietary tips, and delicious recipes, *Radical Beauty* will help you feel more confident, achieve more beautifully smooth illuminating skin, healthy hair, bright eyes, and perhaps best of all the ability to tap into and be in touch with the true beauty that is already within you.

## Book Information

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## Customer Reviews

“Being healthy requires exercising both your body and your brain. Deepak & Kimberly’s new book delivers a holistic approach to living through cutting-edge nutrition, meditation, yoga, and sleep – all the necessities for creating a beautiful life on the inside and out.” – Maria Shriver

“Strength and beauty go hand-in-hand in this brilliant plan from two of the most inspiring leaders in healthy living. Energetic, entertaining, and just plain cool. You’ll not only learn a lot about cutting-edge nutrition, meditation, yoga, and sleep, but you’ll love the delicious recipes too!” – Eva Longoria

“Kimberly’s program has had such an important impact not only on my health but my life in general. Radical Beauty is a must read that is the next step in your evolution to live a beautiful life. She’s brilliant.” – Drew Barrymore

“With Kimberly Snyder’s guidance, I have changed my nutritional health forever. As a result, I have more energy, better skin and better overall health.” – Reese Witherspoon

“Deepak gave me my first mantra. He’s been a teacher and friend who really understands the past, present, and future; a constant inspiration of taking us to the next level. He has always been a pioneer in mind body and spirit, and this book will undoubtedly enrich its readers.” – Donna Karan

“Learn a fresh approach to beauty that will help you to feel more confident and centered in your day-to-day life from the inside out!” – Lucy Liu

DEEPAK CHOPRA, M.D., a member of Oprah’s SuperSoul 100, and founder of the Chopra Foundation and cofounder of the Chopra Center for Well-Being, is a world-renowned pioneer in integrative medicine and personal transformation. He is the author of more than 80 books translated into over 43 languages, including numerous New York Times bestsellers. Time magazine has described Dr. Chopra as “one of the top 100 heroes and icons of the century” and credits him as “the poet-prophet of alternative medicine.” The WorldPost and Huffington Post global Internet survey ranked Dr. Chopra #17 of the most influential thinkers in the world and #1 in medicine. Visit him at [DeepakChopra.com](http://DeepakChopra.com).

KIMBERLY SNYDER, C.N., is a nutritionist and the New York Times bestselling author of the Beauty Detox book series. Snyder has appeared as a nutrition and beauty expert on Dr. Oz, Ellen, and Today, and has been featured in the New York Times, the Wall Street Journal, Vogue, Elle, and InStyle. She is also the creator of Glow Bio, an organic juice and smoothie company, and she hosts the popular podcast Beauty Inside Out. For her

wellness products and more great health and beauty information, visit [KimberlySnyder.com](http://KimberlySnyder.com).

I have been following Kimberly's Blog for a number of years and own all her previous books, as quite frankly; she offers some unique perspectives on healthy eating and a healthy lifestyle, and has the credentials to back it up. She is a Certified Nutritionist, a dedicated Yogi, and is currently pursuing a Doctorate in Ayurvedic Medicine -this is no mommy blogger writing based on thoughts -she has the knowledge and education to back up her work! In this book she co-authors with Deepak Chopra MD who is at the forefront of integrative medicine - which I personally believe might be the way we should be heading, rather than the current medical model where people get sick and look for a pill not a solution; and as a result, we continue to be a Nation that spends more than any other on healthcare, without better results! In a nutshell, we have two people coming together in one book to help us all get healthy bodies, minds and souls! This book is all inclusive rather than many traditional books that simply look at diet, or exercise, or mindfulness, thus book does it all through six pillars: Internal Nourishment this looks at our preconceived notions on what is "healthy", how food impacts our overall health, and helps create a change to optimize nutrition and build health from the inside out. External Nourishment this chapter looks at what we put on our skin; after all, it's our largest organ; and one we tend to slather with chemical lotions and potions in a quest for wellness and youth. It looks at toxic ingredients and healthy replacements with some simple ideas for masks, lotions and even deodorant. Peak Beauty Sleep -sleep is of course integral to our health and this along with diet, when poor, has found to be the biggest pathway to ill health and a shorter life span. The book has tips for a better night's sleep from sleep inducing foods to suggested supplements. Primal beauty this is going back to nature, and aligning our routines to those of nature such as solar and lunar cycles. I particularly love the focus on reducing the toxicity in our homes and personal spaces; as it's something I think about but often fail to modify! Beautiful movement exercise of course. But this, unlike other books which tell us to do more exercise, more often -examines the consequences of over exercising, - and looks to regain balance; it is also heavily yoga focused, which as a Yogi myself, I love! Spiritual Beauty this is creating peace in your mind, with yourself creating a calm being. There are good questionnaires, and some excellent meditation tips and techniques. There are also some good steps which seem based on emotional intelligence, which is a pillar that can be learned, and be most effective. Finally the book has some great recipes, which I appreciate as many of Kimberley's recipes have become staples in our home over the past few years so I am

excited to try some new ideas! This is a fantastic book that truly takes a 360 approach to health, wellness, diet, exercise, body, mind and soul. I will refer to it again and again!

It is not a bad book, but I couldn't find anything new on it. It is a compilation of what he has said in other books, presented in a slightly different way.

I really loved this book it was very informative. Easy to apply to your life if you are looking for enlightenment.

A great book with much information on life's journey.

I love the Beauty Detox series and this book delves deeper into living your life (beyond your plate) in a healthy, harmonious way!

Love this book!

Super awesome and informative!!! The best way to help transform yourself from the inside-out naturally!!

Excellent resource! Drinking the green smoothie every morning. It gives you a shot of energy!

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