



*Sophie Ulliano*

New York Times best-selling author  
of *Gorgeously Green*

# GORGEOUS FOR GOOD

A Simple 30-Day Program  
for Lasting Beauty—  
Inside and Out

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# Gorgeous for Good: A Simple 30-Day Program for Lasting Beauty - Inside and Out



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It's not a choice, so when you look in her, you can show she has lots of good secrets, as is the anti-aging market. Clean beauty guru and NY Times best-selling author of *Gorgeously Green*, Sophie Uliano offers a solution to the latest beauty dilemma and says you don't have to choose. Accompanying the decisions we make around our beauty comes the ever important question of whether to proceed false or natural. Simple guidelines for buying the best skin care products, and easy quality recipes for cost-saving cosmetics to make in the home • Every year, Americans spend more than \$30 billion on cosmetics, and, globally, we spend about \$260 billion on services and products to improve our youth. It's fair to say that the beauty business is booming—Unlike additional books, *Gorgeous for Good* takes the middle ground between organic and fake, not really for six months or a year—and it isn't necessarily what folks might think, but for great inside and out. With her outstanding combination of passionate analysis and everywoman commonsense, she places forth a revolutionary, holistic program that covers everything from nutrition to self-care and attention to spiritual connection and contains: • Well-researched, myth-busting information about commercial and natural beauty products • Do we holiday resort to the latest commercial chemical or medical quick fix or go totally organic but possibly get less stunning results? Healthy, budget-friendly quality recipes for food to kick begin the brand new you • Exciting ways to get spiritually connected In her girl-next-door voice, Sophie provides all this together in an innovative 30-day time *Gorgeous* once and for all program, offering visitors tools pertaining to a body-and-soul beauty program that can help them stay gorgeous— Rather than concentrating on these extremes, Sophie talks about what truly healthy choices actually work— Furthermore, she lays out a beauty perspective that targets helping readers create their own unique beauty—



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Appreciate This Live It Plan! I was fortunate enough to go through Sophie's amazing 30 day Gorgeous for Good Program prior to the official release of the book. You help so many people. I can say from first hand experience that this plan is AMAZING. This actually helped me to make my very own self care a priority. I have loved making all of my very own skincare and body maintenance systems. Fantastic book! The quality recipes are out of this world, truly delicious and packed with micronutrients. Sophie's calls this a Epidermis to Soul plan and it really is. My favorite area of the program is her Morning Me Time. Sophie provides really important information regarding the skincare products we use each day. She has introduced me to the super foods here on AMZ, as well as other products I've tried. I love this Live It plan! Thank you, we love you I have yet to find a good simple guideline on beauty. Meh. After reading her book and receiving emails, etc., my admiration grows and grows. Sophie does the task no one else appears to be doing - compiling ingredient details on facial products, creating at home recipes for making your own (instead of purchasing sometimes wildly costly items), and giving her visitors a method to put everything together at home each day! and I believe the whole program could have more staying power then. The fact that she enjoys her dogs and people, and shares so much good with others is definitely all I have to trust her observations and suggestions to encourage positive measures in my life. ESPECIALLY GOOD FOR SKINCARE AND MAKE UP There is some excellent make-up and skin care information in this book, so for the inexpensive digital price, it's worth buying. Personally, I thought the 30-time program was a little too much, too fast though...specifically the exercise. I would have liked to visit a more gradual strategy; I came across her at the very start through googling "itch relief in a dry shampoo" for our dogs. Fantastic! My pores and skin is absolutely glowing! To be honest, I can not recommend this publication, especially when there are so many far better alternatives available. You can almost see into her sweet soul as she provides to others with honesty, compassion and with abundance. This girl is genuinely wonderful! I like and respect Sophie Uliano I like and respect Sophie Uliano. Her book is a good good sense information. After completing the program my epidermis can be glowing and Personally I think energized, lighter and nourished body, brain and spirit. Thank you Sophie for your hard work and dedication! Sophie is quite informed and has researched many things which provides us a new look at methods to look great with a more healthy/cleaner approach. If you are interested in a wholesome, more natural approach to caring for your body, inside and out, read this book. Five Stars I simply love her, such an inspiration She obviously does not have a looking glass at home This is quite simply a collection of hackneyed and derivative so called health recipes that can be readily garnered from a variety of video sources on the web. I particularly like the epidermis and body treatment- great dishes for lotions, serums, etc. So Much good information, you have so much knowledge. She's equipped us with details that can be very easily understood and put on successfully achieve a wholesome lifestyle at last- 30 days and beyond. The book is affordable packed with wonderful information. Great skincare book Great book, chock full of information. I purchased this reserve because I got sick and tired of buying face creams for dry skin that never worked well. Now I know why as most of the over-the-counter products do more damage than good. I made a couple of the author's skincare recipes and my dry skin is no longer dry. Many thanks Sophie Uliano! I love beauty books and I like this book I love beauty books and I really like this book. Thank you Sophie! A whole lot of rambling about products and ingredients. The actual thirty day plan was just a small part of this reserve, and was eventually unhelpful. Thank you for all your information. I am a wellness trainer and I am extremely selective about the books I endorse and don't endorse many. I feel

totally prepared and motivated to 'live-it' actually, mentally and spiritually. Don't forget to subscribe to all the stations Sophie is on you can get so much information. Nothing But Admiration I really like Sophie, and We've under no circumstances met her. Good, simple advice to be Beautiful for Good! I have however to find a good simple instruction on beauty. :) You can depend on information from Sophie Sophie another wonderful book. I really like Sophie's segments on the Home and Family show which book is even better. Additionally, if her quality recipes are that good, why does she have quite so many wrinkles?! - This smack of vanity publishing. Five Stars Good Five Stars Good my general health got better (I have severe debilitating allergies and today I have ... I have already been a lover of Sophie for 24 months now and I highly encourage anyone of any age to at least try her tips. I adopted it religiously and in my opinion my skin (encounter and body) improved (I am 66 years previous with hardly any wrinkles), my health and wellness got better (I've severe debilitating allergies and now I've not had an allergy strike in 24 months) and Personally i think my home is truly cleaner and much healthier. I bought this copy as something special for my daughter. I actually am a convert to more organic skin products and house maintenance products and this book was my begin. Great seller too - packaged arrived promptly and well packaged.



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