

FROM
HEAD

A COMPLETE
GUIDE TO
PERSONAL STYLE
AND INNER SELF-
DEVELOPMENT

TO

SOUL[®]

INTERNATIONAL

DR. JOYCE KNUDSEN
DR. DESMOND CHAN

FORWARD BY DR. TONY ALESSANDRA

Dr. Joyce Knudsen and
From Head To Soul® International



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FIND YOUR WAY TO Pleasure BY FEELING Great FROM THE INSIDE OUT! This helpful book has tips and correct etiquette for both Asia and the U. INTERNATIONAL is a reserve about image like no various other. This book covers all facets of image of a genuine professional. FROM HEAD TO SOUL®S. A confident attitude, an understanding of your unique features and an appreciation of your own uniqueness are worthy goals. So, self-image is an attitude, believing in yourself and in what you can do. is only a package for what lies within. book would be to help you obtain to know who you are, to help you attain "your individual new look," also to show you ways to become the best you can be. Find out asian teachings to better your life. Each person has their own individual beauty also to seek out what you are is the greatest gift you bestow upon yourself.To become successful in life, you should be emotionally very well, toned, and spiritually sound. Regardless of how confident or certain of yourself you try to appear, you will usually project outwardly the way you experience about yourself on the inside. This self-help book will probably be your daily guidebook to looking and sense good about yourself. The exterior "shell"how to" Whether you are a student, youthful adult, homemaker, secretary, teacher, business person, sales executive, trainee, clerk or factory employee, to be the very best you will require all your efforts. If you don't feel good about yourself physically or mentally, it will be difficult to make a good impression.The purpose of this " Here are some elements to consider for a solid development of self-image.



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I have begun to use several learning strategies discussed in this publication, and I hope to keep the developmental process. If you browse only 1 publication about Image, make it this book! Frequently image is thought of as what is noticed on the outside rather than the inside-inner image. BOTH are equally important. Dr. Joyce Knudsen and Dr. Desmond Chan cleverly infused both in this reserve. But sometimes is difficult to argue your own thoughts.] I have had the pleasure to be among her students, and have exceeded on what I have discovered from Dr. You are an incredible person! Dr. Joyce Knudsen an established author, her creditably offers landed her a coveted place near the top of the Image Consulting occupation and graciously passes on her behalf knowledge within the webpages of this reserve. Joyce Knudsen and Dr. Desmond Chan give amazing step-by-step tips and illustrations. I have a saying that We live my entire life by... "Make no minute ordinary for each and every moment is amazing! That is a "will need to have" self help book. From inner-self advancement to outer appearance, individually and professionally, Dr. This has been my guideline to looking and feeling my best and everyone who would like to achieve success in either their personal or professional existence, should read this. Desmond capture it all! The information that I gained out of this book has produced tremendous understanding in areas such as for example makeup, skin care, hairstyling for women and men, fashion and components for women and men, self confidence and so much more. Amazing work Dr. Joyce Knudsen! Knudsen to my clients with the same design, confidence and professionalism she possess. -Chip Esajian, Writer of "The Victorious Mindset", ChipEsajianBook.com Finally, someone discuss the significance of self-image from the inside out! I experience that one can continue to enhance their skills if they utilize the learning strategies recommended in this book titled From CHECK OUT Soul International. I really like how "From Head to Soul International" discusses self-image from the within out. A Must Have The best gift you can give yourself would be to feel GOOD, inside AND out. Not only is Dr. Kathleen GranImage Trainer & Melissa Fink AICI FLC An incredible book of inner and outer self development! I've already started applying a lot of things from this publication. Thank you both! a must read for all! My thoughts in words!!! As an Image Consultant, I've always thought our inner personal feeds our exterior image. Dr. I found in this publication "From Head to Soul International" so very much help in translating the majority of my convictions. I wish to thank Dr. Joyce Knudsen & Joyce Knudsen and Dr. Desmond Chan for this helpful book full of rich feeding. This is actually the only reserve I've seen that emphasizes the importance of integrating our inner image with our outer image to gain self-self-confidence, accomplish goals and attract opportunities. This book will assist you to discover who you are and how to better express your own uniqueness. Learn how to make your self over from Check out Soul through these finely crafted pages. "Self-image can be an attitude, believing in yourself and in what you can do". And it all starts right here, with this reserve." This fantastic reserve captures just that. Jeannie Palmer, author Very Well Done! Personally this book written by Dr. Dr. Dr. This is a "must examine" book which will transform your life! Furthermore, I would love to read more information upon this very subject. I've always been a person who cared about self-image, specifically in a business setting because I do believe first impression are long lasting impressions. Another Hit! Also, the reserve is so readable and understand. The logical details has become aside of who I am, and I anticipate sharing this knowledge with others. Personally I think extremely empowered by this book. Sincerely, Shirley A. Peterson A must-have if you are looking at image The distinctive quality of the book resides in its unique approach of combining Eastern and Western philosophies as well as viewing image from an authentic holistic perspective. This book is an easy read and contains tons of great guidelines and information

to help you achieve your picture goals.As a graphic Coach, I've go through many books on image, color, etiquette, etc. Desmond Chan has totally transformed the way that I believe about self image both externally and internally.Done well! Desmond Chan's publication synthesizes what you ought to know into a full and fun knowledge. It is truly a comprehensive guide to personal style and inner self-advancement. Joyce Knudsen and Dr. author of Amor Corpora visualization CD for the appreciation of the body Education Coach I do not know how anyone may give an unhealthy review for such an excellent reserve. Joyce and Dr.--Tanya Knight, Education Coach, Loudspeaker, Author [.. I would recommend it, highly. Joyce Knudsen is a great educator.



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