



S.O.S!

Success Over Stress **For the Modern Day (Anti-Aging) Mom in Motion**

**Plus The Motivating Makeover Manual
*Tips, Tricks, and Techniques to Manage Stress
& Augment Your Natural Beauty***

*Authored By: Host of the Philippe Matthews Show LIVE
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&

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Foreword By:

Joey Mills (Author: New Classic Beauty)

Philippe Matthews

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It is even further improved if she feels good from within. This reserve is exclusively written for Black Females who are Super Women that require to learn how exactly to relax and discharge the pressure to be high functioning on the planet. Featuring exclusive interviews with former Essence Magazine Editor, Susan L. Taylor, Terrie Williams, Superstar, Gladys Knight, Sex Therapists, Dr. Gwendolyn Goldsby Grant and even more! Ladies, do not let stress ruin your daily life. Admittedly, it is a component of life, nonetheless it shouldn't dominate your living. No matter how stressful life could be, there are constantly ways to reduce stress and all of these are shared in Success Over Stress. And this book guides you on how it is possible to create your very own affirmations for self-confidence and empowerment. The reserve targets calming the internal and beautifying the outer. It begins using what you should perform at the start of every day then goes on to what you should do at the end of every day. This is where ladies can learn about creating an internal sanctuary where they can go to every time they experience the pressures of the day looming on them. However, it does a lot more than simply teach you to do certain activities to alleviate stress and stress. It offers you an education on empowering your self-image that bring about you feeling well informed about yourself. This book will teach you how to deflect stress and ready your mind for a challenging day ahead. Having both inner and outer areas of your life in perfect harmony makes you deal with life's challenges a lot better, and this book will teach you just how. A stability between both internal and external areas of every woman makes her well informed about facing the world and taking challenges head on. These are keys to being successful in managing the stress you've experienced for the entire workday. being truly a mother, being truly a wife, being a friend, being truly a sister and therefore much more. You will get first-hand information from former Essence Magazine Editor Susan L. You can find chapters dedicated to simply allowing yourself to relax. Apart from meditation and a "Makeup will a lot of miracles for a woman. women also need positive affirmations to create themselves feel a whole lot better. Why is this book different from all the other stress management books for women away there is the approach. After coping with all the things related to prepping the internal self, the book turns to devote focus on pampering the outer beauty. There are chapters just concentrating on how proper makeup should be applied. safe haven," When was the last period you took selfish time and energy to relax, refresh and rejuvenate? This is therefore you start the day and end it on a confident note. Whether you're an individual mother or a working mother, you will discover really good tips presented in this reserve that may teach you how to reduce tension and feel awesome with a variety of makeup techniques! Moreover, gleam section that talks about visualization as an instrument to manage stress. Taylor; Essence columnist Dr. Gwendolyn Goldsby Grant and professional Terrie M. Williams – just to name a few. Being a female means facing a whole lot of life's challenges – You can find sections focused on meditation, yoga breathing and other relaxation techniques. And the ultimate check comes with being a working female. With this reserve, you may be equipped with knowledge passed down by probably the most notable names in the wonder industry. When it comes to stress relief for mothers, Success Over Stress succeeds in providing a Walmart mom, an entrepreneurial mother or a stay in the home mom with the tools needed to keep stress away from their life for good.



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nice one!! In this reserve, Philippe has provided us the brand new thinking we need to transform home tension into precious family time. Five Stars Great publication for mom. And I also desire to mention I trust Mr. I really like this book. One of the All the Best Books! Stress is really bad for everyone, and with this book it might help anyone to do something positive about it. Mathews, for the reason that being a mom may be the most difficult job in the world. Lots of very useful tips on meditation and visualization This book has been very helpful for me. I really found the section on meditation and visualization to become very informative. Matthews truly goes in deep to reveal the secrets and forming a game plan into with we can create of our very own. I recommend it. The publication explains a good thing that stress could possibly be the reason behind ageing and explains how we can quit it! I can't stress enough on just what a awesome publication this is! Expert Input Philippe Shock Matthews is perfectly placed to teach us how to cope with the stresses of family members life, since his work would be to interview and learn from world-class specialists himself. We all know it is important to manage our emotions, expectations and stress amounts, however when we're in it up to your necks, it's simply too hard to believe straight. Einstein stated (and he ought to know!! This book does a great job in explaining a whole lot about how we can get over stress and become happy. Goodness only knows, it's over far too soon. I haven't even got half way into this book and its amazing! A good guide for Moms We will be parents soon, so I offered this ebook to my partner as something special, she liked it. it's a perfect easy to read guide for mothers. There exists a ton of advices very usefull. I can't wait to use everything I have read here with my life.!) that you can't escape a problem with the same thinking it took to get into it! Let's make the best of it while we've it. Success over stress is a superb book that people all modern day people should follow.! A genuine must read for every lady out there. Mr. Those sections alone are really worth the price. highly recommended. Wow- Impressive Tips and Tricks to Get Beautiful inside and Out! S. It's filled up with quick sensible tips to help you discover ways to better apply your makeup.S- can be an impressive guide providing you take action tips to get beautiful.O. And the explanations run deeper than just telling you which kind of foundation brush you need to use.This book also focuses of feeling great and why you deserve to look beautiful.I'm not much of a make-up myself and will honestly say this publication overwhelmed me in a good way!! would recommend you read this reserve so you can give yourself everything you truly deserve. A very helpful book. It is also essential share book. But it's also the most satisfying. And I don't mind getting a few lines and wrinkles sooner because of it. Especially now that I've got some fantabulous makeup ideas to hide them! Perfectly done!



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