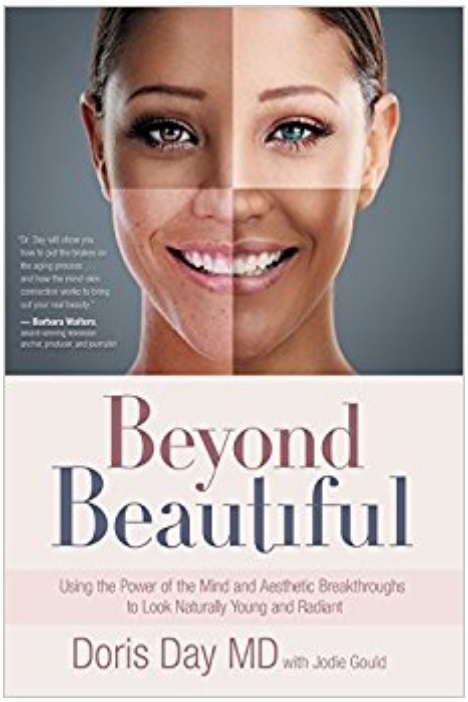
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Beyond Beautiful: Using The Power Of Your Mind And Aesthetic Breakthroughs To Look Naturally Young And Radiant



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Synopsis

From celebrities, to supermodels, to busy moms, renowned cosmetic dermatologist Dr. Doris Day has kept them glowing in over twenty years of practice. And she knows that all women have something in common: they want to look and feel more beautiful. Everyone deserves to feel gorgeous, but Dr. Day has learned that a true sense of beauty is not achieved by addressing only the face. Rather, beauty begins way beyond the epidermis. For one to look their best they must tap into the power of the mind and emotions. Addressing feelings can have a major impact on the way people see themselves and look to others. When one feels great, they radiate beauty. In BEYOND BEAUTIFUL, Dr. Day proves the power of the mind on appearance, with compelling case studies illustrating the correlation between self-reflection and looking better. She also offers countless easy, practical skincare and makeup tips, effective natural treatments, and the latest in aesthetic breakthroughs to help readers of all ages and skin types uncover their most youthful, radiant, beautiful selves.

Book Information

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Customer Reviews

"Dr. Doris day is one of those rare cosmetic dermatologists who has the eye of an artist. In BEYOND BEAUTIFUL, Dr. Day will show you how to put the brakes on the aging process, why cutting edge procedures don’t involve surgery at all...and how the mind-skin connection works to bring our your real beauty."Ã¢â ¬â ¢Barbara Walters, award-winning television anchor, producer, and journalist"Whether you are having problems with your job, your spouse or your kids, worries are like projections on a movie screen that show up on your face and in your body. The Skin Whisperer Dr. Day has graced our stage many times with her secrets to feeling younger and healthier and

moving BEYOND BEAUTIFUL."Ã¢â ¬â ¢Dr. Mehmet Oz, Professor of Surgery, Columbia University

Doris Day, MD, is a world renowned cosmetic dermatologist, lecturer, and author based in New York City whose clients include A-list celebrities, supermodels, and busy moms. She is a member of the medical board for the Dr. Oz show and hosts a bi-monthly, two-hour syndicated radio show on Siriux XM 81 called Doctor Radio, which has been awarded the American Academy of Dermatology Golden Triangle Award for Media Excellence. Dr. Day's blog can be read at blog.myclearskin.com.

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