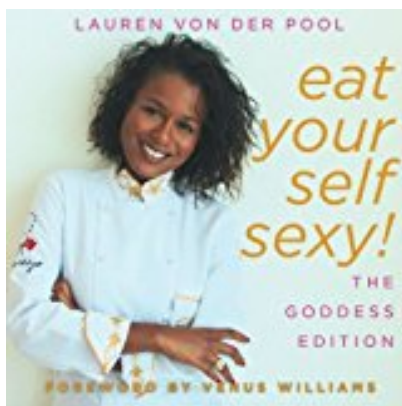


# **Eat Yourself Sexy The Goddess Edition A Beginners Beauty Guide to Glowing Skin Healthy Hair Weight Loss and Total Well-being**

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## **BOOK DETAILS**

- Author : Lauren Von Der Pool
- Pages : 204 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 151508244X

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## BOOK SYNOPSIS

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-t-girlfriend approach to getting fit. In their Tone It Up book, the girls genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get: • FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body theyre after. • FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones. • FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

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