

<<YOU BEING BEAUTIFUL >>

图书基本信息

书名：<<YOU BEING BEAUTIFUL 原来可以这样美>>

13位ISBN编号：9781439103074

10位ISBN编号：1439103070

出版时间：2008-11

出版时间：省供片站

作者：Michael F. Roizen 等著

页数：419

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<YOU BEING BEAUTIFUL >>

内容概要

Most people think that beauty revolves around such things as lipstick, sweet eyes, or skinny jeans -- all those things that we can see (and obsess over) in the mirror. But the fact is that beauty isn't some superficial pursuit, and it's not some random act that you can thank (or curse) your ancestors for. There are, in fact, scientific standards to beauty. Beauty is purposeful, because it's how humans have historically communicated who we are to potential mates. Beauty, in fact, is really about your health and happiness. In this groundbreaking book, Dr. Michael F. Roizen and Dr. Mehmet C. Oz bust the myths and stereotypes about the way we view ourselves -- and how we define beauty. In these pages, you'll find out why beauty isn't as much about your vanity as it is about your humanity. The doctors take a scientific, informative, and entertaining look at the three levels of beauty and explain how they all work together to form a complete and authentic YOU. Those three levels of beauty are: **Looking Beautiful:** Your appearance influences your self-esteem and has major health implications. Here, the docs will tell you how you can look the way you want. **Feeling Beautiful:** So what if you have luscious lips or gorgeous locks if your joints creak and you have the energy of a rug? The docs will tell you how to improve your energy levels, beat back your life-altering aches and pains, and come to grips with some of life's toughest stresses. **Being Beautiful:** By improving your relationships with your loved ones as well as with others, you'll be well on your way to finding true happiness. That's the ultimate goal: Having all three levels of beauty working together so you can have a happy and healthy life. You'll start off by taking the ultra-revealing and validated YOU-Q Test to help you assess where you are on your own beauty scale and where you want to be. Take the test, see how well you do; then use the book to help you improve your score. With their usual candor and honesty, Dr. Roizen and Dr. Oz break down the mechanics of beauty and explain how little adjustments in your routine can help you become a happier, healthier person. You will learn about the biology of beauty, take YOU Tests to determine where you are on the beauty scale, get tons of YOU Tips to help you improve your life, as well as learn the secrets of the Ultimate Beautiful Day. From hair to toenails, Dr. Roizen and Dr. Oz go through every part of your body to explain how different foods, vitamins, creams, gels, and injections can really boost your looks. They scrutinize the beauty myths that bombard us every day and offer an unbiased perspective on which ones cause more harm than good. You will be able to revamp your beauty regimen (or start a new one from scratch). They'll also take a close look at chronic pain, mood swings, low energy, and financial stresses. And they'll dive into the science of building relationships, finding happiness, and using spirituality to help you define your own levels of true beauty. Dr. Roizen and Dr. Oz act as tour guides navigating the tricky but exciting terrain of today's beauty industry. YOU: Being Beautiful is your all-inclusive ticket into the world -- the real world -- of beauty.

<<YOU BEING BEAUTIFUL >>

书籍目录

Introduction
Your YOU-Q: Measure Your Inner and Outer Beauty
Part I: Looking Beautiful
1. In the Flesh: Make Your Skin Glow
2. Head of Class: How to Save Your Hair
3. Oral Victories: Your Mouth and Teeth Are a Portal to Your Inside--and Say a Lot About Your Outside
4. Digital Revolution: Shape Up Your Hands and Feet
5. Great Shape: How to Get the Body You've Always Wanted
Part II: Feeling Beautiful
6. Energized and Revitalized: Power Up Your Body by Resetting Your System
7. That's Cotta Hurt: How to Manage Your Major Aches and Pains
8. Get in the Mood: What You Can Do to Straighten Out Your Mind
9. The Worry War: Solve Your Most Troubling Job and Money Issues
Part III: Being Beautiful
10. That Lovin' Feeling: Improve Your Relationships with the People Close to You
11. That's the Spirit: How to Find True Happiness
The Be-YOU-tiful Plan: Live the Ultimate Beautiful Day
YOU Ibols: More Strategies for Helping You Become Even More Beautiful
ApFeudix: Healing with Steel
Finding the Right Plastic Surgery for You
Acknowledgments
Index

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>