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Love Your Skin, Love Yourself: Achieving Beauty, Health, And Vitality From The Inside Out And Outside In



Synopsis

Do you have a skin issue like acne, rosacea, melasma, eczema, or psoriasis? Whether it starts in adolescence or comes later, there's a whole array of challenges that accompany these skin conditions. Sometimes these issues are physical and other times the issues are emotional or even spiritual. Whether you're a teenager, a busy parent, or are going through other life changes, this book is your comprehensive guide to healthier and more beautiful skin, an improved self image, and a more joyful life. You'll discover how to incorporate simple practices into your daily routine in order to heal fully so you can live your life with happiness and confidence. You're not alone There's nothing wrong with you You CAN get better! This book will show you how.

Book Information

Paperback: 160 pages

Publisher: Sennin Group, LLC; 1 edition (August 16, 2013)

Language: English

ISBN-10: 061585172X

ISBN-13: 978-0615851723

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (14 customer reviews)

Best Sellers Rank: #511,207 in Books (See Top 100 in Books) #34 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #93 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments

Customer Reviews

Rachael is the real deal - she clearly practices what she's preaching and a picture says a thousand words - just look at her, clearly the knowledge that she has worked so hard to attain is working for her! This book breaks down difficult to understand/explain nutrition concepts and translates them for those of us that are not holistic dieticians! The book was interesting, easy to read, FUN, and I walked away with some great tips/tricks for a busy working gal to implement in my everyday life. I HIGHLY recommend this book - it is not the 'quick fix' 'fad diet' book, it is a book that will help you make changes in your life that will reap benefits to your health and your appearance.

Finally a book that addresses true challenges, from a very real person. Not only will this help you

see yourself in a whole new light, you will be able to literally change your outlook on many levels and discover your true self, becoming your healthiest "you" ever! What a gift!! Beautifully and truthfully written. Love this book!

I am male and in my 60sâ "not exactly the profile for this book. I had good luck skin throughout my life, so I never paid it much attention. But I heard a doctor say the skin is the largest organ in our bodies, and I began to see the largest organ in my body aging faster than the rest of me. I decided the free ride was over. What first attracted me to this book was the double meaning of the title. Loving your skin begins by not wasting psychic energy feeling bad about skin problems. But with everyone and everything we care about, loving becomes more about doing than feeling. This is a very practical book about being there for your skin. Rachael Pontillo explains the whyâ ™s and howâ ™s of skin health very effectively, which makes her holistic coaching approach to skin treatment reliable and motivational. This book will do everyone a lot of good.

I have been following Rachel on facebook for a year, so I knew I would get good advice. I hadn't realized though that Rachel once weighed 200 pounds, had bad acne, and transformed herself to the slim beauty you see on the cover. This book has lots of tips to do right away at small or no expense. One of my favorites is dry brushing before a shower for skin beauty and weight control. I look forward to it, it's worked, and cost under ten dollars. I didn't expect Rachel's humor! She made me laugh out loud several times, making it an enjoyable read.

This book is full of relatable and educating information- I actually highlighted a ton of stuff and refer to it like a manual!! Rachael speaks to you like you she already knows you, and you'll probably feel like she already knows your story because hers is so relatable. I have been dealing with many health issues and developed skin problems not to long before I stumbled upon this book and purchasing it was one of the best things i've ever done. It opened my eyes to so many things I was unaware of and started me on my journey to not only healthy skin but a healthy life. I was so inspired that I even decided to do a 3 month program with Rachael, which she offers on her website Holisticallyhaute.com. I definitely recommend this book to anyone that has been dealing with skin issues, and also to anyone just looking to improve their health and learn more about their body and nutrition.

I have to say for such a tiny book there is a TON of great information between the covers! Very

engaging and informative. If you have not picked up your copy yet I absolutely recommend doing so today (get one for your friend too cause you won't want to share your copy; it's just that good) Rachael Pontillo has really taken the best information for healthy skin and a healthy body. There was not topic left unturned and the information was easy to read. If you know someone who wants to improve their skin, doesn't like to read, but is willing to get the help this book is the first and last stop you should consider. I get overwhelmed by big heavy books (Harry Potter scared me) But I tossed your book in my briefcase and read it while flying around doing training events. At first glance it looks like a quick read covering some skin basics but once you get inside and start diving into the delicious content you think you're reading the bottom of Mary Poppins bag... There is just so much useful content not fluff! You really did a great job! XOXO

I have learned so much from this book and I know I will be referring back to it in the future as well. Rachel writes in a way that is really easy to read and that is warm and truthful. She doesn't sugarcoat or give quick fixes but rather guides the reader to real and lasting change. She also clearly understands from personal experience what it feels like to have skin issues and the effect that can have on a person. I loved her empathy and encouragement. This book is detailed, inspiring and full of information. It will also be my manual for years to come.

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