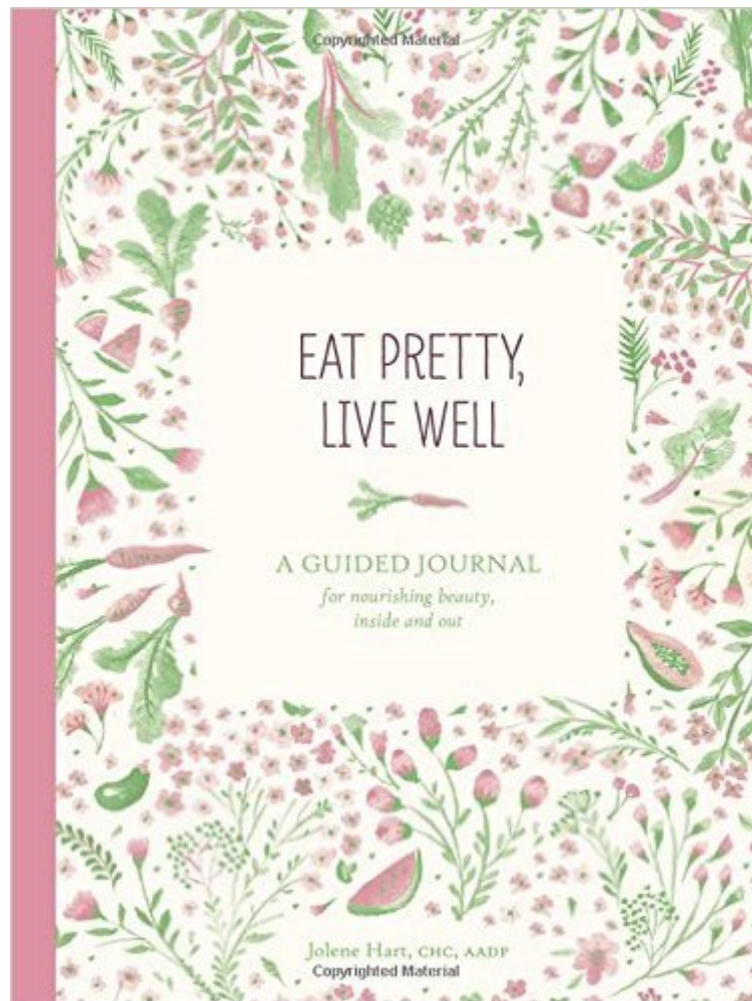


The book was found

Eat Pretty Live Well: A Guided Journal For Nourishing Beauty, Inside And Out



Synopsis

This companion journal to bestselling beauty nutrition guide Eat Pretty is an inspiring and innovative tool that invites fans and newcomers alike to put beauty nutrition know-how into practice. The dynamic format includes lively and informative overviews, fill-in trackers and checklists, thought-provoking Q&As, goal-setting guidance, prompts for self-reflection, and repeating spreads for monitoring 40 days of living and eating well—all in a gorgeous, illustrated package.

Book Information

Diary: 160 pages

Publisher: Chronicle Books; Gjr edition (April 5, 2016)

Language: English

ISBN-10: 145215192X

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Product Dimensions: 6.2 x 0.5 x 8.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars— See all reviews— (14 customer reviews)

Best Sellers Rank: #21,566 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #282 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I have Jolene Hart's Eat Pretty cookbook and I have used it extensively. I follow her social media pages as well and love everything she has to say. So it was a no-brainer to get this journal when it came out. It is just as pretty and eye catching as her cookbook. Pretty things motivate me =) May sound funny but it keeps my attention more than a plain black and white print book with no art. The journal is very interactive and the daily food diary is very useful. It may not be enough for the health enthusiast who already knows their stuff but I find it helpful and encouraging for me.

My daughter has been using this. She initially rejected it when she saw the flowery cover. I thought maybe I would keep it for myself. As I leafed through the pages, I saw lists of foods that help with various ailments. I also noticed the food diary part also asks how a person feels at meal time. I showed it to my teen and she now loves the book!

I bought this journal as well as the main book. Great journal. Very inspiring and there are lots of things in here that I wouldn't even have thought about on my own. This is a very lovely journal with lots of

insight and great tips. My only suggestion is to make another journal that just serves as a food diary that goes beyond the 40 days. I love the beauty nutrition daily checklist and other specifics like affirmations, foods I ate and energy levels. It would just be nice to have another book with this same set up and more pages and even more tips. I love this author. She is very genuine and you can tell that she cares through her writing. I highly recommend this book and the main book.

After buying the first book written by Jolene Hart it was a no brainer to purchase this journal and it exceeded my expectations. I love the beautiful flower designs and gorgeous pictures. The book helped me look deeper inside my food and really take into account on what I was eating and how it either helped or harmed my body. I can't wait to continue diving into this breath-taking journal and bring it grocery shopping and connect it to Eat Pretty for a well rounded and beautiful life. I defiantly recommend this to those who want to focus on brining out the best in their food because the author gives great suggestions on preparing a well rounded plate for each and every season. She also guides you each and every step of the way. I would say though that if you haven't purchased the original Eat Pretty book, that that would be a great way to start out before diving into the journal!

An easy read with lots of good information. Only thing I'd like better is bigger text and in a more readable color. The light green is harder for older eyes. But I'd recommend.

I absolutely LOVE this Journal! I've already given away two! And, this journal is really changing my relationship with food and becoming my most Beautiful SELF!

This journal is well thought out and makes me feel like I'm making a step in the right direction. With that being said, I am so unmotivated!

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