



Glowing: Soulful Skincare

Yancy Lael

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When you go out into the world, your face is the first thing people see. It's part of your identity. It's what you show to the world. So what happens when your face is a mess? When you struggle with flaky skin, oiliness, breakouts, inflammation and discoloration? It changes everything. You lose confidence in yourself. You cringe when you look in the mirror. You feel embarrassed around other people. Worst of all, you stop living your life to the fullest. If you're one of the afflicted, take a deep breath: Help has arrived. This book tackles skincare in a way you've never encountered before: from the inside out. Healthy skin, believe it or not, starts with the soul. This book outlines 16 profound spiritual exercises to help you build a deep and genuine feeling of self-acceptance that will get you glowing again. You'll also find simple, fad-free dietary tips that will help you cultivate clear, healthy skin, dozens of methods for treating breakouts, and some pretty radical approaches to skincare – stuff your dermatologist would never tell you. Warning: The concepts in this book are revolutionary. They will challenge your beliefs, upend your paradigms and change your life. Are you ready to experience radical healing? Are you ready to glow?

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