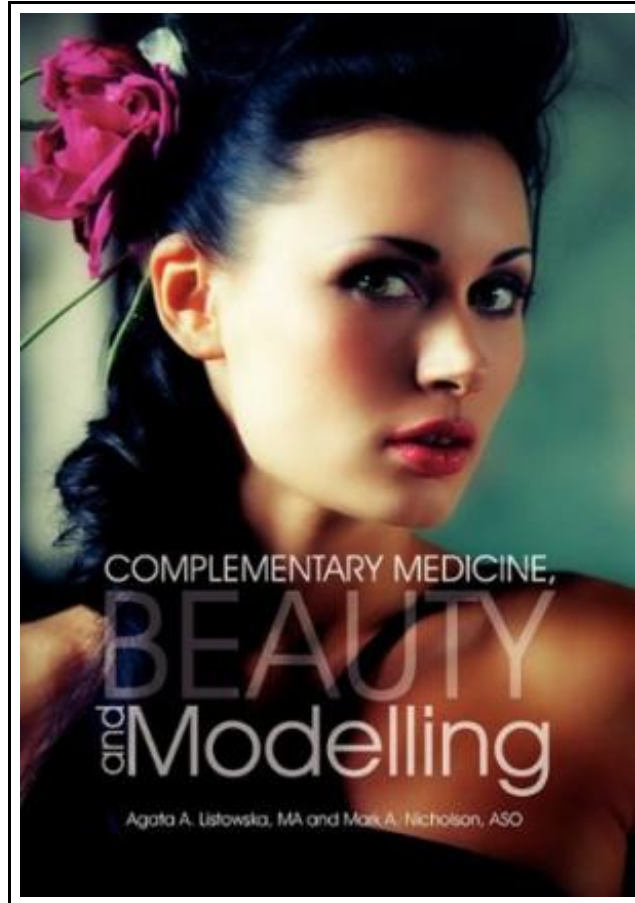


Complementary Medicine, Beauty and Modelling



Filesize: 1 MB

Reviews

This ebook is worth purchasing. It is written in straightforward words and not hard to understand. You will not feel monotony at any time of your respective time (that's what catalogs are for about in the event you ask me).

(Eileen Kling I)

COMPLEMENTARY MEDICINE, BEAUTY AND MODELLING



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Xlibris Corporation. Paperback. Book Condition: New. Paperback. 462 pages. Dimensions: 9.0in. x 6.0in. x 0.9in. Complementary Medicine, Beauty and Modelling offers readers the knowledge to naturally improve their appearance, slow the ageing process, and experience increased physical and emotional security. By understanding and applying some basic principles of complementary medicine, readers should be able to strengthen their physical bodies, improving upon the individual qualities that they appreciate most, whilst also improving upon those that they feel they might be lacking. Beauty is often considered a commodity reserved for the young and slim, and modelling the domain of the impossibly attractive. As a result, the majority of both men and women may never envisage themselves possessing the physical criteria for a career spent posing in front of cameras or strutting the worlds catwalks. However, it is important to remember that each person possesses individual characteristics and personal attributes that make them unique. Addressing these attributes will improve their appearance, and often result in improved temperament and appreciation of individual strengths. The beauty that a woman expresses in her daily life is a declaration of herself and the person she wishes to present to the world, whether it is while caring for children and family, managing a business, studying, or spending time with friends and family. This is no less so for men, who often see physical appearance and strength as a means to establish their relationship with their body and declare their presence. This book offers an insight into concepts of physical beauty and photographic modelling, and encourages the reader to view the body from a different perspective. Physical features aside, the book delves into the bodymind relationship, and draws upon the wisdom of philosophies such as naturopathy, nutrition, traditional Chinese medicine, Bach flower remedies, acupuncture, mineral therapy, iridology, yoga, meditation, and...



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