



Beauty In Balance: A Practical Guide to Achieving a Beautifully Balanced Life (Beauty PhD) (Volume 1)

Julie K Swenson

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Beauty in Balance is the perfect guide for anyone who is looking for more balance and fulfillment in life. Chock-full of introspective questions, personal stories from real women, and suggested resources, the book serves as both a journal for self-discovery and a workbook for self-improvement. Beauty guru and holistic life coach, Julie Swenson, candidly addresses the six aspects of self that are essential to whole body wellness, as well as 11 areas of life that when in balance, encourage your true beauty (and true self!) to emerge.

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