



How to Look More Attractive and Beautiful

Sarah Jane Parker

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Do you want to boost your natural beauty and feel happier with yourself? Do you dream of being admired and desired? We all have those days when we find we're just not as attractive and beautiful as we'd like to be. Perhaps we can't concentrate on how to improve our looks, or find it harder than usual to get on a diet. This book summarizes some recent research results on what is the social meaning of beauty in our contemporary world and offers tips on how to become healthier, slimmer, more attractive, beautiful and self-aware without much effort. How to Look More Attractive and Beautiful



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