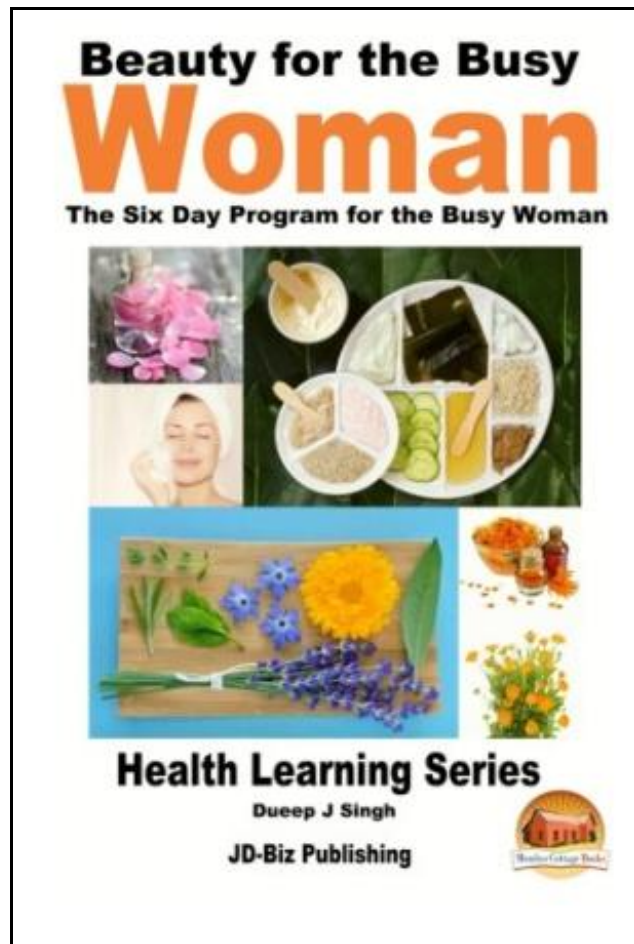


Beauty for the Busy Woman - The Six Day Program for the Busy Woman



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(Prof. Martine Lesch)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BEAUTY FOR THE BUSY WOMAN -The Six-Day Beauty Program For the Busy Woman How can a Busy Woman Keep Healthy and Beautiful? Introduction Day One Day Two Day Three Day Four Day Five Day Six Day Seven Appendix - How to make rosewater Author Bio Introduction There was a time when I was so busy that my getting ready schedule on a hectic morning took anywhere between 7 to 10 minutes. And when I asked one of my equally busy colleagues, if she could take some time out, to a spa for the weekend for a little bit of pampering, because we needed it, this was her answer. Oh, do me a favor, DJ. Who really has the time to spend trying to beautify herself at home, or in a spa, when one does not even have the time to lie down and expire peacefully. Cannot you see that we are so busy the whole day long that if you imagine we have a few minutes for ourselves that in itself is a blessing. I am not going to be spending that time pampering myself and beautifying myself when I would rather be lying face down on a couch, fast asleep. Women have got so into the habit of being busy, busy, busy that they have forgotten the idea of cherishing themselves. How many times have you heard this statement, that one is so busy that one really does not have the time for beautifying one. In fact, many women I know use this as a very convenient excuse to look dowdy, and badly groomed. Because they are under the impression that good grooming takes a lot of...



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