

The Beauty Experiment How I Skipped Lipstick Ditched Fashion Faced World Without Concealer And Learned To Love Real Me Phoebe Baker Hyde

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Buy The Beauty Experiment: How I Skipped Lipstick, Ditched Fashion, Faced the World Without Concealer, and Learned to Love the Real Me by Phoebe Baker Hyde (ISBN: 9780738214658) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

~~The Beauty Experiment: How I Skipped Lipstick, Ditched~~

The Beauty Experiment, written by Phoebe Baker Hyde, is a book dedicated to telling the story of one woman's journey through self-discovery. She went a year without doing any of her normal beautification routines. This included make-up application, hair styling, and hair removal.

~~The Beauty Experiment: How I Skipped Lipstick, Ditched~~

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The extreme beauty cleanse serves as the basis for her recently launched book, " The Beauty Experiment: How I Skipped Lipstick, Ditched Fashion, Faced the World Without Concealer, and Learned to...

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The Beauty Experiment chronicles Hyde's quest for self-acceptance in nothing but her own skin. In thoughtful, exquisite prose, Hyde holds up a mirror to all women and shows how perfectionism can keep us from achieving what we really want: happiness, confidence, and serenity.

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Beauty Experiment was born from that revolution and is the playbook to my own imperative change. It's the full circle of my own healing and, ideally, the start to yours.

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Soon afterward Phoebe Baker Hyde made a vow: to give up new clothes, makeup, haircuts, and jewelry in hopes of revealing something she had always paid lip service to but never quite believed in—her inner beauty. The Beauty Experiment chronicles Hyde's quest for self-acceptance in nothing but her own skin. In thoughtful, exquisite prose, Hyde holds up a mirror to all women and shows how perfectionism can keep us from achieving what we really want: happiness, confidence, and serenity.

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