

Mindful Beauty

By Dr. Debbie Palmer

Today, more than ever, mindfulness—the act of being more present and focused in everything we do—is so important to our health and well-being.

Mindfulness is a simple change we can all make for better health, emotionally, physically, and spiritually. In *Mindful Beauty*, board-certified dermatologist Dr. Debbie Palmer unveils her secrets to helping patients develop more mindfulness and, in the process, cultivate inner peace and outer radiance.

Mindful Beauty is a practical, hands-on guide to looking and feeling more beautiful in the modern-day world. It gives simple self-care tips and tools for slowing down and prioritizing your own well-being. *Mindful Beauty* is the next, most important step on your journey to a happier, more vibrant life.