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# ENCHANTING BEAUTY: ANCIENT SECRETS TO INNER, OUTER AND LASTING BEAUTY

Motilal Banarsidass, 2016. Soft cover. Condition: New. 1st Edition. The concept of lasting beauty was developed out of the need for women to practice prevention and anti-aging strategies as soon as they possibly could! In author's opinion women who have plenty of resources to buy organic food, go to yoga classes, exercise at a nice gym and learn meditation, but nevertheless, they fail to do these things, if she does not proactively take care of herself in her younger years,...

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- Authored by Manisha Kshirsagar and Megan M. Murphy
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