



## Do You Have the Guts to Be Beautiful?

*Mitra Ray Ph.D., Jennifer Daniels M.D.*

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**Do You Have the Guts to Be Beautiful?** Mitra Ray Ph.D., Jennifer Daniels M.D.

Reading *Do You Have the Guts to be Beautiful* will alter the very way in which readers look in the mirror, and provide them with more detail than even their doctors can give them from the fanciest and most expensive tests. Drs. Ray and Daniels share some little-known miracles of the body and, specifically, how each face tells a story of what is happening inside the body. After reading this book, readers will be able to unlock the messages their faces are giving them; they'll learn simple, yet effective steps they can take to look and feel better, sans pills, chemicals, or complicated recipes. Drs. Ray and Daniels reveal simple, natural practices for reversing wrinkles, blemishes, graying, and baldness, and feeling young again.

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