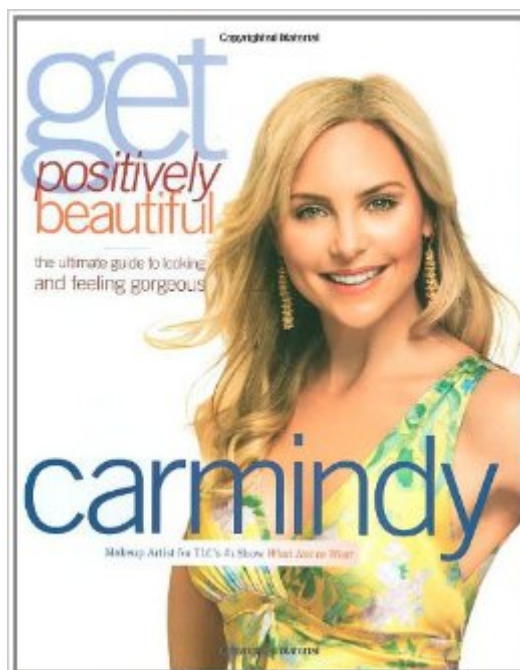


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# Get Positively Beautiful: The Ultimate Guide To Looking And Feeling Gorgeous



## Synopsis

According to a recent study, only 2% of women describe themselves as 'beautiful.' (Dove Global Study 'The Real Truth About Beauty: A Global Report', 2004) The media instructs women how to 'look ten years younger,' 'cover up wrinkles,' or 'get fuller, plumper lips.' And even makeup products play off womens' insecurities, promising to conceal perceived flaws, define cheekbones, or make eyelashes fuller and longer. The underlying message? That there's something inherently wrong with the way women look and that they have to spend time, money, and energy keeping up with all the ways they should 'fix' themselves. In GET POSITIVELY BEAUTIFUL, makeup artist Carmindy from TLC's hit program What Not to Wear shows you how to change your mindset from negative fault-finding to a positive beauty philosophy. You learn how to find and focus on your best features and how to combat negative thoughts about your appearance. Carmindy demonstrates easy makeup techniques for eyes, brows, lashes, lips, cheeks, and skin, and how to adapt looks to different weather conditions and 'beauty moods.'

## Book Information

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## Customer Reviews

This is a superb book for women who feel out-of-touch with beauty products, colors and trends, or struggling a little with self esteem. If you look in the mirror and think, "Why bother?" or "Where do I start? What do I do?" this is the book for you. Carmindy's advice is heavy on pep talk. It's a very positive book. She also delivers precise, clear tips (with a product list at the back of the book) for specific issues. The question-and-answer sections -- broken into sections such as eyes, skin, etc. -- are also helpful and cover a wide range of ages, skin types, and skin tones and colors. I'm a former model and now "of a certain age"... meaning over 50. While I have some "Where do I start?" issues,

and her Q&A section answered several questions for me, this wasn't my favorite makeup book. (I highly recommend *The Makeup Wakeup: Revitalizing Your Look at Any Age* for anyone over 40, and certainly for 50+, 60+, and beyond.) In "Get Positively Beautiful," I really liked Carmindy's photo illustration showing exactly what makeup she carries when she travels. I also appreciated her advice for air travel, including getting on board wearing no makeup and lots of moisturizer. (I routinely do that, knowing I don't look my best at the boarding gate.) Carmindy's five-minute face advice was intriguing enough that I've ordered her book, *The 5-Minute Face: The Quick & Easy Makeup Guide for Every Woman* to learn more.

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