

# **Eat Pretty: Nutrition For Beauty, Inside And Out By Jolene Hart**

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Author information. Jolene Hart, CHC, AADP is a beauty & and health coach, certified by the Institute for Integrative Nutrition and the American Association of

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Eat Pretty: Nutrition for Beauty, Inside and Out, by Jolene Hart, CHC, AADP (San Francisco: Chronicle Books, 2014), \$16.95

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Review "Eat Pretty is an inspirational collection of wisdom, promoting a healthy and happy relationship with your beautiful body. Opting for only healthy and real

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ASSORTED Eat Pretty is a paperback guide to the everyday foods you can eat to boost your beauty (walnuts for supple skin, radishes for strong nails) as well as a

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