



Wow! Glowing Bride in 30 Days.: Bridal Beauty, Health & Staying Stress Free in the Last Month Before Your Wedding Day

Laura Pepper

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"I LOVED reading it! I learned so much!!!!" Allison, Reader.

"The perfect guide for the bride who wants to take care of herself... A fun read!" Kim Gruenfelder, Author of There's Cake in My Future

'Wow! Glowing Bride in 30 Days' helps brides-to-be everywhere to be the most beautiful and healthy version of themselves for the wedding and beyond. Oh and avoid all the stress that turns angels into Bridezillas. In just 30 days!

This book was written for you, the busy bride-to-be who wants to look and feel her best on her wedding day, (but has a real life - and a busy one at that - too!)

This is a no-nonsense, easy to follow collection of advice for brides like you and I - those who want to look and feel fantastic for the wedding, but not let it take over their life because, well, life still goes on.

It's 30 days of **complete health, beauty and staying stress-free tips and wisdom** to cover all of your bases to beautiful.

Chapters include:

- Top teeth whitening tips
- Glossy hair 101
- Simple ways to get glowing skin
- 12 foods all brides (and women) should be eating
- Tips for toning up quickly and easily
- Manageable ways to improve your sleeping, eating and deal with stress... and much much more!


"A lot of fun to read!" Brandy, Reader.

"...for brides that want to look their best!" Mary Dann-McNamee, MA, Author of Wedding Wisdom

If you are getting married this year and want to look and feel fantastic on your big day, this book is for you. It gives you easy tips and advice to follow so that, no matter how busy you are with wedding planning you can really take care of yourself prior to your wedding day.

Oh, and it's super fun to read, so after a busy day of wedding planning you'll look forward to settling down with this book.

Your path to being a drop-dead gorgeous GLOWING bride starts here!

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From reader reviews:

Theresa Adams:

Have you spare time for just a day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a stroll, shopping, or went to the Mall. How about open or perhaps read a book eligible Wow! Glowing Bride in 30 Days.: Bridal Beauty, Health & Staying Stress Free in the Last Month Before Your Wedding Day? Maybe it is for being best activity for you. You know beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with its opinion or you have additional opinion?

Donald Link:

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Emma Peterson:

The reason why? Because this Wow! Glowing Bride in 30 Days.: Bridal Beauty, Health & Staying Stress Free in the Last Month Before Your Wedding Day is an unordinary book that the inside of the publication waiting for you to snap this but latter it will distress you with the secret this inside. Reading this book alongside it was fantastic author who have write the book in such amazing way makes the content inside of easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of advantages than the other book possess such as help improving your expertise and your critical thinking means. So , still want to hold up having that book? If I had been you I will go to the guide store hurriedly.

Aida Zambrana:

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