



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

By Laura Pepper

30 Day Books. Paperback. Book Condition: New. Paperback. 242 pages. 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 Theres Cake in My FutureWow! 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. Its 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...



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