



# The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful (All Other Health)

By Debra Luftman, Eva Ritvo

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## The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful (All Other Health) By Debra Luftman, Eva Ritvo

Best friends since they met at medical school twenty-five years ago, Dr. Debra, a Beverly Hills dermatologist, and Dr. Eva, a South Beach psychiatrist, join their expertise to take a unique look at beauty of the body and mind and have created this inspirational guide to getting gorgeous, inside and out. Their empowering message that all women are beautiful will help you discover how to bring out your maximum potential as you blossom into a more charismatic, self-assured, and multidimensional woman. That change starts with you, starting now.

- Care for your health, the foundation of beauty
- Learn the art of self care in today's busy world
- Create and surround yourself with beauty wherever you go
- Manage stress in ways that are healthful
- Live with kindness, passion, empathy, and humor

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## **The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful (All Other Health)** By Debra Luftman, Eva Ritvo Bibliography

- Sales Rank: #734853 in Books
- Brand: McGraw-Hill
- Published on: 2008-07-17
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x 1.04" w x 6.40" l, 1.33 pounds
- Binding: Hardcover
- 320 pages

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### Editorial Review

#### From the Back Cover

Every woman deserves to feel beautiful. But what does it mean to feel truly beautiful on the outside and the inside? In *The Beauty Prescription*, physicians Debra Luftman and Eva Ritvo have redefined beauty around a groundbreaking concept: The Beauty-Brain Loop. In this revealing, candid look at the science and spirit of beauty, Drs. Debra and Eva give women of all ages a prescription for mastering the Beauty-Brain Loop, including:

- How to see beauty in everything around you
- Making time to get fit and healthy
- How a kind, loving, positive demeanor makes you more attractive
- Staying beautiful in times of crisis
- Understanding beauty products and cosmetic procedures
- Creating a lifetime beauty plan

Every stage of the Loop—Outer Beauty, Inner Beauty, Health, and Environment—has the power to enhance your attractiveness, self-esteem, and well-being . . . if you know how to make the most of each one.

Packed with personal stories from Beauty Buddies, tips on physical and psychological wellness, wisdom from top professionals in the beauty industry, and much more, *The Beauty Prescription* is an owner's manual for every woman who is ready to move beyond today's narrow definition of beauty. If you're ready to become your most beautiful on the inside as well as the outside, Drs. Debra and Eva have the right medicine for you.

#### About the Author

**Debra B. Luftman, M.D.**, a board-certified dermatologist, has a busy private practice in Beverly Hills. In addition Debra lectures on topics including laser surgery, liposuction, skin aging, and sun protection. She has appeared as an expert on “Good Morning America” and “Extra” and has been quoted in the *New York Times*, *Los Angeles Times*, *USA TODAY*, *Vogue*, *Allure*, *InStyle*, and *O*. She has developed her own skin care product line called Therapeutix.

**Eva C. Ritvo, M.D.**, a board-certified psychiatrist, is vice chair and associate professor in the Department of Psychiatry and Behavioral Sciences at the Miller School of Medicine at the University of Miami, where she also has a unique joint appointment in the Department of Dermatology and Cutaneous Surgery. She serves as the chair of the Department of Psychiatry at Mount Sinai Medical Center in Miami Beach, Florida. A published author, Eva has appeared as an expert on “Today” and “Extra;” has been quoted in the *Wall Street Journal*, *New York Times*, *New York Times Magazine*, *Self*, *O*, and *Psychology Today*; and is a frequent contributor to the *Miami Herald*, *Miami Sun-Sentinel*, and local news programs.

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**Jimmy Stone:**

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