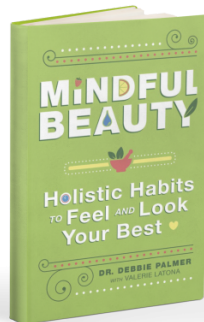




MINDFUL BEAUTY BY DR. DEBBIE PALMER OFFERS AN INSPIRED AND PRACTICAL APPROACH TO CULTIVATING INNER PEACE AND OUTER RADIANCE

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Board-certified dermatologist and osteopathic doctor, Dr. Debbie Palmer has developed a revolutionary approach for looking and feeling your best: a mind, body and soul-nourishing lifestyle.



Mindful Beauty: Holistic Habits to Feel and Look Your Best is a practical, hands-on guide to holistic health and wellness. Despite the conveniences of the modern world, our lives are busier than ever, which can be draining on our mind, body, spirit and outer radiance. When people fail to take time for themselves, they inevitably pay a high price: anxiety, damaged relationships, stress, depression, addiction, and more. But in reality, simple, everyday practices that emphasize spirituality, relaxation, and self-care can be all that is needed for physical and spiritual transformation. Author, Dr. Debbie Palmer, one of the world's leading skincare experts, reveals practical strategies for developing more mindfulness and, in the process, cultivating inner peace and outer radiance.

"A balance in life is key to looking younger and having harmony with your body, mind, and soul," says Dr. Palmer. With over twenty years' experience as a dermatologist, Dr. Palmer has helped thousands of patients lead healthier, more peaceful and spiritually aware lives. As one of only several hundred dermatologists in the country also trained in osteopathic medicine, Dr. Palmer has a unique understanding of how what we do to our bodies and spirits affects our overall beauty—inside and out. "You cannot and should not treat a problem the skin is experiencing without looking at the condition of the entire body," explains Dr. Palmer. In writing *Mindful Beauty*, her goal was to help readers embrace mindfulness as a force for physical, emotional and spiritual health in order to create an extraordinary life.

In the book, Dr. Palmer walks readers through the process of identifying the subtle ways stress, anxiety, poor diet, exercise and sleep habits can negatively affect our lives and cause people to lose sight of their health and themselves. She then shows them an alternative way to respond. Dr. Palmer provides real-life examples and explanations grounded in science that take readers on a journey to understand mindfulness as a profound asset. Readers come to see how slowing down and gradually balancing out their lives to be healthier and more spiritually connected gives voice to their inner needs and outer appearance.

Packed with insights, easy-to-use tools, and life-changing exercises, *Mindful Beauty* addresses the hectic routines of modern living and supplies a range of strategies for conquering old, negative patterns of eating, living and working. Written for the 21st century, the book addresses diet, sleep, exercise, spirituality, stress reduction and skin care in a modern, relevant way. It serves as a compassionate roadmap for prioritizing your own well-being and moving toward a life of inner harmony and happiness.

With years of wisdom distilled into an accessible, profound, and engaging book, Dr. Palmer presents a revolutionary way of moving beyond daily stressors to achieve a life of joy, balance and peace. *Mindful Beauty* is available through Amazon, Barnes & Noble, and other online book retailers. Readers looking to create lasting health and happiness are encouraged to purchase their copy today: <https://www.amazon.com/Mindful-Beauty-Holistic-Habits-Feel-ebook/dp/B07S1H5JPP/>



About the Author

Dr. Debbie Palmer is a board-certified dermatologist with more than 20 years of experience. She is the Co-Founder of Dermatology Associates of New

York. She specializes in medical dermatology, cosmetic dermatology, and laser surgery and has been recognized as a Castle Connolly Top Doctor.

Widely respected for her expertise, Dr. Palmer has had her work published in leading medical journals and has lectured nationally and internationally about the benefits of healthy eating, anti-aging, and antioxidants and how they can improve the health and appearance of your skin.

Dr. Palmer graduated from the University of Michigan and earned her medical degree summa cum laude from Kansas City University. Dr. Palmer completed her internship in internal medicine at Northside Hospital and Heart Institute and completed her residency in dermatology at St. Barnabas Hospital in Bronx, New York.

She is a Fellow and active member of the American Osteopathic College of Dermatology, American Osteopathic Association and the American Academy of Dermatology.

Dr. Palmer is author of three books including her latest award-winning release, Mindful Beauty. She is the founder of Replere®, a clinically proven, antioxidant skincare collection that helps to slow down aging and restore the skin's natural radiance. Replere products are made from carefully selected natural ingredients and are paraben, fragrance, and dye free.

To learn more, please visit: <http://drdebbiepalmer.com> or <https://www.replere.com>

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