



# 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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### 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.

### Users Review

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**Melanie Archer:**

The book The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful (All Other Health) can give more knowledge and information about everything you want. Exactly why must we leave a good thing like a book The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful (All Other Health)? Several of you have a different opinion about guide. But one aim that book can give many facts for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or data that you take for that, you could give for each other; you may share all of these. Book The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful (All Other Health) has simple shape nevertheless, you know: it has great and massive function for you. You can appearance the enormous world by start and read a book. So it is very wonderful.

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**Richard King:**

Spent a free a chance to be fun activity to try and do! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, likely to beach, or picnic inside park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? May be reading a book may be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try look for book, may be the book untitled The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful (All Other Health) can be great book to read. May be it may be best activity to you.

**April Cotton:**

Do you one of the book lovers? If yes, do you ever feeling doubt if you find yourself in the book store? Attempt to pick one book that you find out the inside because don't assess book by its handle may doesn't work here is difficult job because you are scared that the inside maybe not while fantastic as in the outside search likes. Maybe you answer might be The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful (All Other Health) why because the wonderful cover that make you consider with regards to the content will not disappoint anyone. The inside or content is fantastic as the outside as well as cover. Your reading 6th sense will directly direct you to pick up this book.

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