



Choosing Beauty: A 30-Day Spiritual Makeover for Women

Gina Loehr

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Mascara will help and eyeliner too, but the surest way to a beautiful you doesn't require hours at the cosmetics counter. The best beauty routine starts within. *Choosing Beauty* guides you through a day-by-day inner makeover that will give you a glow that can only come through a life infused with the virtues. Learn how to step away from gossip, grow in courage, practice mercy and enter more fully into the qualities that will allow your inner light to shine.

Suitable for individual or group study, *Choosing Beauty* includes lively reflections on the virtues and questions for discussion in a user-friendly format.

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