



How to Be a Perfect 10: Women's Guidebook to Increasing Attractiveness

By Diana Polska

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How to Be a Perfect 10 is the most comprehensive book ever written on how to improve female attractiveness, with over 1,000 scientific studies referenced. Beauty is not in the eye of the beholder as some have come to believe. The author establishes that there is a template for physical beauty.

The book explains in exquisite detail how every woman can improve her outer beauty (face, skin, hair, body, breasts, health, style, elegance) and her inner beauty (personality, character).

Although some individuals deem certain women to be unappealing and unapproachable, the book confirms that there are no ugly women; there are only women who do not know how to look pretty. How to Be a Perfect 10 is a must-read for women everywhere!

Introduction:

The many advantages of being beautiful and why beauty matters.

Chapter 1: Perfect 10 Face

Increase the attractiveness of your face with cosmetic procedures, makeup, and other techniques.

Chapter 2: Perfect 10 Skin

Achieve perfect, flawless, and youthful skin with scientifically proven skin care products, supplements, and other techniques.

Chapter 3: Perfect 10 Hair

How to get the right color and style, grow your hair faster, and make your hair shiny, and thick.

Chapter 4: Perfect 10 Body

Achieve a perfect WHR and BMI. How to get a 24 inch waist or smaller, how to naturally increase the projection of your buttocks, how to get thin.

Chapter 5: Perfect 10 Breasts

How to increase the size and firmness of your breasts naturally without surgery.

Chapter 6: Perfect 10 Health

How to achieve perfect health, disease resistance, high energy, and a strong immune system with scientifically proven methods.

Chapter 7: Perfect 10 Style

How to select stylish clothing, accessories, and scent.

Chapter 8: Perfect 10 Elegance

Achieve elegance by learning proper movement, voice, speech, manners, class, and sophistication.

Chapter 9: Perfect 10 Personality

How to improve your charm, confidence, sassiness, positivity, and intelligence.

Chapter 10: Perfect 10 Character

How to improve your inner beauty.

*Note: References found in the print version are not available in the ebook version.

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Editorial Review

Review

A book that covers all of the bases; beauty inside and out. This book doesn't miss a thing. - --Brooke Banx, American model

Users Review

From reader reviews:

Cindy Martin:

As people who live in typically the modest era should be up-date about what going on or information even knowledge to make these individuals keep up with the era and that is always change and make progress. Some of you maybe may update themselves by studying books. It is a good choice for yourself but the problems coming to you is you don't know what kind you should start with. This How to Be a Perfect 10: Women's Guidebook to Increasing Attractiveness is our recommendation so you keep up with the world. Why, as this book serves what you want and need in this era.

Bernice Hicks:

Reading a book can be one of a lot of exercise that everyone in the world enjoys. Do you like reading book consequently. There are a lot of reasons why people like it. First reading a reserve will give you a lot of new details. When you read a e-book you will get new information since book is one of many ways to share the information or even their idea. Second, reading through a book will make you actually more imaginative. When you examining a book especially fictional book the author will bring you to imagine the story how the figures do it anything. Third, it is possible to share your knowledge to other people. When you read this How to Be a Perfect 10: Women's Guidebook to Increasing Attractiveness, you may tells your family, friends as well as soon about yours publication. Your knowledge can inspire average, make them reading a e-book.

Carlos Quirk:

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Robert Wilkerson:

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